



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

0000

Berndt, Roland

00: Erfurt

00: 1097

00: 10.00 km

Wertungslauf um den Braugold-Pokal

0000:

Senioren M60 (60-69 Jahre)

000: 50:50

00: 11.80 km/h

0000: 5:05 min/km

00000/000: 372 (of 686)

00000/0: 334 (of 543)

000000: 29:39

00000: 10(of 25)

0000000: 42:27

0000

0000

000

| 000                | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde              | 2.00     | 10:12    | 5:05         | 12      | 1:59    | 296     | 4:10    | 2.00  | 10:12     | 5:05      | 19            |         |         | 231     | 4:10    |
| Runde              | 2.00     | 10:06    | 5:02         | 10      | 1:36    | 351     | 4:09    | 4.00  | 20:18     | 5:04      | 19            |         |         | 229     | 8:19    |
| Runde              | 2.00     | 10:09    | 5:04         | 10      | 1:34    | 332     | 4:14    | 6.00  | 30:27     | 5:04      | 19            |         |         | 228     | 12:33   |
| Runde              | 2.00     | 10:20    | 5:10         | 10      | 1:40    | 347     | 4:25    | 8.00  | 40:47     | 5:05      | 19            |         |         | 227     | 16:58   |
| Leichtathletikhall | 2.00     | 10:03    | 5:01         | 10      | 1:35    | 340     | 4:13    | 10.00 | 50:50     | 5:05      | 10            | 8:23    |         | 334     | 21:11   |