



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

0000

Hesse, Ingo

00: TSV Alperstedt

00: 1556

00: 10.00 km

Wertungslauf um den Braugold-Pokal

0000:

Senioren M40 (40-49 Jahre)

000: 51:30

00: 11.65 km/h

0000: 5:09 min/km

00000/000: 399 (of 686)

00000/0: 351 (of 543)

000000: 29:39

00000: 114(of 178)

0000000: 37:27

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     | 10:09    | 5:04         | 91      | 2:58    | 286     | 4:07    | 2.00  | 10:09     | 5:04      | 89            | 2:10    | 222     | 4:07    |         |
| Runde              | 2.00     | 9:54     | 4:57         | 105     | 2:34    | 314     | 3:57    | 4.00  | 20:03     | 5:00      | 88            | 2:47    | 248     | 8:04    |         |
| Runde              | 2.00     | 10:19    | 5:09         | 122     | 2:44    | 366     | 4:24    | 6.00  | 30:22     | 5:03      | 87            | 8:16    | 247     | 12:28   |         |
| Runde              | 2.00     | 10:32    | 5:15         | 124     | 2:47    | 376     | 4:37    | 8.00  | 40:54     | 5:06      | 86            | 11:03   | 246     | 17:05   |         |
| Leichtathletikhall | 2.00     | 10:36    | 5:17         | 140     | 3:08    | 414     | 4:46    | 10.00 | 51:30     | 5:09      | 114           | 14:03   | 351     | 21:51   |         |