



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

0000

Thomas, Jochen

00: Bad Langensalza

00: 1225

00: 10.00 km

Wertungslauf um den Braugold-Pokal

0000:

Senioren M50 (50-59 Jahre)

000: 53:06

00: 11.30 km/h

0000: 5:19 min/km

00000/000: 453 (of 686)

00000/0: 396 (of 543)

000000: 29:39

00000: 76(of 107)

0000000: 39:41

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>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde              | 2.00     | 10:28    | 5:14         | 56      | 2:53    | 325     | 4:26    | 2.00  | 10:28     | 5:14          | 46      | 2:53    | 280     | 4:26    |
| Runde              | 2.00     | 10:34    | 5:16         | 77      | 2:37    | 426     | 4:37    | 4.00  | 21:02     | 5:15          | 46      | 5:27    | 278     | 9:03    |
| Runde              | 2.00     | 10:36    | 5:17         | 77      | 2:29    | 409     | 4:41    | 6.00  | 31:38     | 5:16          | 46      | 7:56    | 277     | 13:44   |
| Runde              | 2.00     | 10:45    | 5:22         | 78      | 2:41    | 411     | 4:50    | 8.00  | 42:23     | 5:17          | 46      | 10:37   | 276     | 18:34   |
| Leichtathletikhall | 2.00     | 10:43    | 5:21         | 79      | 2:48    | 422     | 4:53    | 10.00 | 53:06     | 5:18          | 76      | 13:25   | 396     | 23:27   |