



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

0000

Bauer, Dorothee

00: delicioussign

00: 1601

00: 10.00 km

Wertungslauf um den Braugold-Pokal

0000:

Seniorinnen W30 (30-39 Jahre)

000: 50:29

00: 11.89 km/h

0000: 5:03 min/km

00000/000: 355 (of 686)

00000/0: 35 (of 143)

000000: 35:30

00000: 9(of 32)

0000000: 40:27

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     | 10:16    | 5:08         | 8       | 3:03    | 39      | 3:20    | 2.00  | 10:16     | 5:08      | 16            |         |         | 63      | 3:20    |
| Runde              | 2.00     | 10:12    | 5:05         | 11      | 2:17    | 48      | 3:05    | 4.00  | 20:28     | 5:06      | 16            |         |         | 64      | 6:25    |
| Runde              | 2.00     | 10:06    | 5:02         | 12      | 1:52    | 40      | 2:56    | 6.00  | 30:34     | 5:05      | 16            |         |         | 64      | 9:21    |
| Runde              | 2.00     | 10:08    | 5:03         | 12      | 1:36    | 38      | 2:55    | 8.00  | 40:42     | 5:05      | 15            |         |         | 64      | 12:16   |
| Leichtathletikhall | 2.00     | 9:47     | 4:53         | 8       | 1:18    | 31      | 2:43    | 10.00 | 50:29     | 5:02      | 9             | 10:02   |         | 35      | 14:59   |