



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

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Dalbert, frank

□□: Erfurt

□□: 1302

□□: 10.00 km

Wertungslauf um den Braugold-Pokal

□□□□:

Senioren M40 (40-49 Jahre)

□□□: 1:00:09

□□: 9.98 km/h

□□□□: 6:01 min/km

□□□□□/□□□: 626 (of 686)

□□□□□/□: 512 (of 543)

□□□□□□: 29:39

□□□□□: 170(of 178)

□□□□□□□: 37:27

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Runde	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	2.00	11:40	5:49	157	4:29	463	5:38	2.00	11:40	5:49	131	3:41	378	5:38
Runde	2.00	11:41	5:50	173	4:21	508	5:44	4.00	23:21	5:50	130	6:05	376	11:22
Runde	2.00	12:52	6:26	176	5:17	529	6:57	6.00	36:13	6:02	129	14:07	375	18:19
Runde	2.00	12:28	6:14	173	4:43	520	6:33	8.00	48:41	6:05	128	18:50	374	24:52
Leichtathletikhall	2.00	11:28	5:44	158	4:00	481	5:38	10.00	1:00:09	6:00	170	22:42	512	30:30