



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

0000

Kürsten, Klaus-Dieter

00: Erfurt

00: 1453

00: 10.00 km

Wertungslauf um den Braugold-Pokal

0000:

Senioren M50 (50-59 Jahre)

000: 56:14

00: 10.67 km/h

0000: 5:37 min/km

00000/000: 550 (of 686)

00000/0: 466 (of 543)

000000: 29:39

00000: 88(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<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde              | 2.00     | 11:55    | 5:57         | 93      | 4:20    | 494     | 5:53    | 2.00      | 11:55     | 5:57          | 69      | 4:20    | 330     | 5:53    |
| Runde              | 2.00     | 10:56    | 5:28         | 86      | 2:59    | 466     | 4:59    | 4.00      | 22:51     | 5:42          | 69      | 7:16    | 382     | 10:52   |
| Runde              | 2.00     | 10:59    | 5:29         | 86      | 2:52    | 444     | 5:04    | 6.00      | 33:50     | 5:38          | 69      | 10:08   | 381     | 15:56   |
| Runde              | 2.00     | 11:13    | 5:36         | 87      | 3:09    | 447     | 5:18    | 8.00      | 45:03     | 5:37          | 69      | 13:17   | 380     | 21:14   |
| Leichtathletikhall | 2.00     | 11:11    | 5:35         | 91      | 3:16    | 462     | 5:21    | 10.00     | 56:14     | 5:37          | 88      | 16:33   | 466     | 26:35   |