



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

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**Bertram, Christin**

□□: ThSV 1886 Geschwenda

□□: 1346

□□: 10.00 km

Wertungslauf um den Braugold-Pokal

□□□□:

Frauen (20-29 Jahre)

□□□: 48:25

□□: 12.39 km/h

□□□□: 4:50 min/km

□□□□□/□□□: 273 (of 686)

□□□□□/□: 25 (of 143)

□□□□□□: 35:30

□□□□□: 12(of 31)

□□□□□□□: 35:30

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□□□

| □□□                | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde              | 2.00     | 9:45     | 4:52         | 11      | 2:49    | 24      | 2:49    | 2.00  | 9:45      | 4:52          | 16      | -       | 76      | 2:49    |
| Runde              | 2.00     | 9:35     | 4:47         | 14      | 2:28    | 29      | 2:28    | 4.00  | 19:20     | 4:49          | 16      | -       | 76      | 5:17    |
| Runde              | 2.00     | 9:41     | 4:50         | 11      | 2:31    | 25      | 2:31    | 6.00  | 29:01     | 4:50          | 14      | -       | 76      | 7:48    |
| Runde              | 2.00     | 9:56     | 4:58         | 11      | 2:43    | 26      | 2:43    | 8.00  | 38:57     | 4:52          | 14      | -       | 76      | 10:31   |
| Leichtathletikhall | 2.00     | 9:28     | 4:44         | 11      | 2:24    | 24      | 2:24    | 10.00 | 48:25     | 4:50          | 12      | 12:55   | 25      | 12:55   |