



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Herbig, Kathrin

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Team: LTV Erfurt

Bib: 1447

Distance: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Time: 53:48

Speed: 11.15 km/h

Pace: 5:23 min/km

Rank: 477 (of 686)

Rank: 61 (of 143)

Pace: 35:30

Rank: 20 (of 49)

Pace: 44:06

Results

Results

Results

km	Time	Pace	Rank	km	Time	Pace	Rank
2.00	10:51	5:25	18	2.00	10:51	5:25	3
4.00	21:19	5:19	19	4.00	21:19	5:19	3
6.00	32:08	5:21	23	6.00	32:08	5:21	3
8.00	43:01	5:22	20	8.00	43:01	5:22	3
10.00	53:48	5:22	24	10.00	53:48	5:22	20