



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

0000

Bäster, Manfred

00: SC Impuls erfurt

00: 1296

00: 10.00 km

Wertungslauf um den Braugold-Pokal

0000:

Senioren M70 (70 und älter Jahre)

000: 57:25

00: 10.45 km/h

0000: 5:44 min/km

00000/000: 580 (of 686)

00000/0: 485 (of 543)

000000: 29:39

00000: 5(of 8)

0000000: 45:39

0000

0000

000

| 000                | 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 | 11:54 | 5:57   | 6  | 3:09 | 493 | 5:52 | 2.00  | 11:54 | 5:57   | 5  | 1:46  | 419 | 5:52  |
| Runde              | 2.00 | 11:05 | 5:32   | 4  | 2:11 | 479 | 5:08 | 4.00  | 22:59 | 5:44   | 5  | 2:42  | 417 | 11:00 |
| Runde              | 2.00 | 11:20 | 5:40   | 4  | 2:14 | 477 | 5:25 | 6.00  | 34:19 | 5:43   | 5  | 3:34  | 416 | 16:25 |
| Runde              | 2.00 | 11:37 | 5:48   | 4  | 2:12 | 477 | 5:42 | 8.00  | 45:56 | 5:44   | 5  | 4:21  | 349 | 22:07 |
| Leichtathletikhall | 2.00 | 11:29 | 5:44   | 4  | 2:00 | 484 | 5:39 | 10.00 | 57:25 | 5:44   | 5  | 11:46 | 485 | 27:46 |