



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Blank, Peter

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Team: Warudi SV

Bib: 912

Distance: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Time: 49:25

Speed: 12.14 km/h

Pace: 4:56 min/km

Rank: 310 (of 686)

Rank: 278 (of 543)

Rank: 29:39

Rank: 44 (of 107)

Rank: 39:41

Rank

Rank

Rank

Rang	1000 m							1500 m							
	km	min	sec	km	min	sec	km	min	sec	km	min	sec	km	min	sec
Runde	2.00	9:54	4:57	38	2:19	247	3:52	2.00	9:54	4:57	81	2:19	259	3:52	
Runde	2.00	9:41	4:50	42	1:44	282	3:44	4.00	19:35	4:53	81	4:00	206	7:36	
Runde	2.00	9:56	4:58	47	1:49	301	4:01	6.00	29:31	4:55	81	5:49	421	11:37	
Runde	2.00	10:06	5:02	54	2:02	313	4:11	8.00	39:37	4:57	34	7:51	234	15:48	
Leichtathletikhallen	2.00	9:48	4:54	49	1:53	294	3:58	10.00	49:25	4:56	44	9:44	278	19:46	