



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

0000

wagner, david

00: olbersleben

00: 1059

00: 10.00 km

Wertungslauf um den Braugold-Pokal

0000:

Senioren M30 (30-39 Jahre)

000: 42:41

00: 14.06 km/h

0000: 4:16 min/km

00000/000: 88 (of 686)

00000/0: 80 (of 543)

000000: 29:39

00000: 26(of 136)

0000000: 32:18

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| 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 | 7:39 | 3:49   | 11 | 1:14 | 33  | 1:37 | 2.00  | 7:39  | 3:49   | 104 | 1:14  | 412 | 1:37  |
| Runde           | 2.00 | 8:28 | 4:14   | 28 | 1:56 | 84  | 2:31 | 4.00  | 16:07 | 4:01   | 19  | 3:10  | 56  | 4:08  |
| Runde           | 2.00 | 8:36 | 4:17   | 28 | 1:56 | 86  | 2:41 | 6.00  | 24:43 | 4:07   | 103 | 5:06  | 78  | 6:49  |
| Runde           | 2.00 | 9:08 | 4:33   | 45 | 2:40 | 142 | 3:13 | 8.00  | 33:51 | 4:13   | 103 | 7:46  | 408 | 10:02 |
| Leichtathletikh | 2.00 | 8:50 | 4:25   | 42 | 2:37 | 138 | 3:00 | 10.00 | 42:41 | 4:16   | 26  | 10:23 | 80  | 13:02 |