



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Thiele, Jens

SV Stockhütte

1584

10.00 km

Vintage VDB Lauf

Senioren M40 (40-49 Jahre)

1:04:19

9.33 km/h

6:26 min/km

605 (of 637)

476 (of 493)

31:35

129(of 135)

33:35

Thiele, Jens

Thiele, Jens

Thiele, Jens

km	min/km	-	-	km	min/km	-	-
2.00	12:58	6:29	130	6:30	473	6:41	
2.00	12:49	6:24	132	6:07	485	6:26	
2.00	12:58	6:29	130	6:06	481	6:30	
2.00	12:53	6:26	129	6:07	472	6:29	
2.00	12:41	6:20	127	5:54	464	6:38	
2.00	12:58	6:29	126	6:30	447	6:41	
4.00	25:47	6:26	126	12:37	447	13:07	
6.00	38:45	6:27	126	18:43	446	19:37	
8.00	51:38	6:27	132	24:50	485	26:06	
10.00	1:04:19	6:25	129	30:44	476	32:44	