



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Ellinger, Dirk

Ellinger, Dirk

Club: GutsMuths Rennsteiglaufverein

Age: 1691

Distance: 10.00 km

Vintage VDB Lauf

Category: Senioren M40 (40-49 Jahre)

Time: 48:43

Speed: 12.32 km/h

Time/km: 4:52 min/km

Rank/Total: 221 (of 637)

Rank/Category: 205 (of 493)

Time/km: 31:35

Rank/Category: 57 (of 135)

Time/km: 33:35

Results

Results

Results

Runde	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	
	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	
Runde Langstrecke	2.00	9:26	4:43	45	2:58	175	3:09		2.00	9:26	4:43	16	2:58	83	3:09
Runde Langstrecke	2.00	9:33	4:46	58	2:51	203	3:10		4.00	18:59	4:44	134	5:49	462	6:19
Runde Langstrecke	2.00	9:52	4:56	63	3:00	224	3:24		6.00	28:51	4:48	134	8:49	480	9:43
Runde Langstrecke	2.00	10:05	5:02	71	3:19	241	3:41		8.00	38:56	4:51	131	12:08	475	13:24
Leichtathletikhal	2.00	9:47	4:53	70	3:00	239	3:44		10.00	48:43	4:52	57	15:08	205	17:08