



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Meier, Marco

Meier, Marco

Team: Ultrarunner-Team

Bib: 1622

Distance: 10.00 km

Vintage VDB Lauf

Age Group:

Senioren M40 (40-49 Jahre)

Time: 56:52

Speed: 10.55 km/h

Pace: 5:41 min/km

Rank: 479 (of 637)

Rank: 409 (of 493)

Rank: 31:35

Rank: 115 (of 135)

Rank: 33:35

Rank

Rank

Rank

Rank	km	Time	Pace	Rank	Time	Rank	Time	Rank	km	Time	Pace	Rank	Time	Rank	Time
Runde Langstrec	2.00	11:19	5:39	92	4:51	356	5:02	2.00	11:19	5:39	89	4:51	318	5:02	
Runde Langstrec	2.00	11:13	5:36	115	4:31	411	4:50	4.00	22:32	5:38	89	9:22	318	9:52	
Runde Langstrec	2.00	11:30	5:45	119	4:38	422	5:02	6.00	34:02	5:40	89	14:00	317	14:54	
Runde Langstrec	2.00	11:47	5:53	121	5:01	426	5:23	8.00	45:49	5:43	88	19:01	260	20:17	
Leichtathletikh	2.00	11:03	5:31	108	4:16	385	5:00	10.00	56:52	5:41	115	23:17	409	25:17	