



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

0000

Hillhof, Ute

00: ASV Erfurt

00: 1642

00: 10.00 km

Vintage VDB Lauf

0000:

Seniorinnen W50 (50-59 Jahre)

000: 1:00:10

00: 9.97 km/h

0000: 6:01 min/km

00000/000: 559 (of 637)

00000/0: 102 (of 144)

000000: 38:07

00000: 12(of 25)

0000000: 47:51

0000

0000

000

| 000               | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde Langstrec   | 2.00     | 12:48    | 6:24         | 18      | 3:37    | 117     | 5:28    | 2.00      | 12:48     | 6:24          | 21      |         | 67      | 5:28    |
| Runde Langstrec   | 2.00     | 12:06    | 6:02         | 15      | 2:40    | 114     | 4:29    | 4.00      | 24:54     | 6:13          | 21      |         | 67      | 9:57    |
| Runde Langstrec   | 2.00     | 11:57    | 5:58         | 13      | 2:21    | 103     | 4:11    | 6.00      | 36:51     | 6:08          | 21      |         | 67      | 14:08   |
| Runde Langstrec   | 2.00     | 11:51    | 5:55         | 11      | 2:02    | 87      | 4:05    | 8.00      | 48:42     | 6:05          | 19      |         | 43      | 18:13   |
| Leichtathletikhal | 2.00     | 11:28    | 5:44         | 10      | 1:39    | 84      | 3:50    | 10.00     | 1:00:10   | 6:00          | 12      | 12:19   | 102     | 22:03   |