



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Wolter, Steffen

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Wolter, Steffen	km	min	min/km	-	-	Wolter, Steffen	Wolter, Steffen	km	min	min/km	-	-	Wolter, Steffen	Wolter, Steffen
Runde Langstrec	2.00	11:16	5:38	78	3:20	351	4:59	2.00	11:16	5:38	71	1:11	346	4:59
Runde Langstrec	2.00	10:12	5:05	56	1:55	281	3:49	4.00	21:28	5:21	71	1:11	346	8:48
Runde Langstrec	2.00	10:30	5:15	68	2:03	315	4:02	6.00	31:58	5:19	70	1:29	345	12:50
Runde Langstrec	2.00	10:42	5:20	71	2:11	327	4:18	8.00	42:40	5:19	70	1:55	344	17:08
Leichtathletikh	2.00	10:49	5:24	77	2:36	364	4:46	10.00	53:29	5:20	68	11:57	327	21:54