



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Stiebritz, Anja

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| Stiebritz, Anja     | km   | min   | min/km | -  | -    | Stiebritz, Anja | km   | min    | min/km | -    | -  | Stiebritz, Anja | km |       |
|---------------------|------|-------|--------|----|------|-----------------|------|--------|--------|------|----|-----------------|----|-------|
|                     | km   | min   | min/km | -  | -    | km              | min  | min/km | -      | -    | km | min             |    |       |
| Runde Langstrecke   | 2.00 | 10:56 | 5:28   | 16 | 3:36 | 42              | 3:36 | 2.00   | 10:56  | 5:28 | 9  | 1:22            | 71 | 3:36  |
| Runde Langstrecke   | 2.00 | 11:07 | 5:33   | 19 | 3:30 | 63              | 3:30 | 4.00   | 22:03  | 5:30 | 9  | 3:03            | 89 | 7:06  |
| Runde Langstrecke   | 2.00 | 11:12 | 5:35   | 19 | 3:26 | 65              | 3:26 | 6.00   | 33:15  | 5:32 | 9  | 4:54            | 71 | 10:32 |
| Runde Langstrecke   | 2.00 | 11:08 | 5:33   | 16 | 3:22 | 54              | 3:22 | 8.00   | 44:23  | 5:32 | 9  | 6:38            | 71 | 13:54 |
| Leichtathletikhalle | 2.00 | 11:09 | 5:34   | 19 | 3:31 | 66              | 3:31 | 10.00  | 55:32  | 5:33 | 16 | 17:25           | 55 | 17:25 |