



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

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Metz, Egon

00: Spargelläufer Herbsleben

00: 1560

00: 10.00 km

Vintage VDB Lauf

0000:

Senioren M60 (60-69 Jahre)

000: 1:07:44

00: 8.86 km/h

0000: 6:46 min/km

00000/000: 620 (of 637)

00000/0: 481 (of 493)

000000: 31:35

00000: 24(of 24)

0000000: 43:58

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| Runde             | km   | min   | km   | -  | -    | km  | min  | km    | min     | km   | -  | -     | km  | min   |
|-------------------|------|-------|------|----|------|-----|------|-------|---------|------|----|-------|-----|-------|
|                   | km   | min   | km   | -  | -    | km  | min  | km    | min     | km   | -  | -     | km  | min   |
| Runde Langstrec   | 2.00 | 13:33 | 6:46 | 24 | 5:05 | 487 | 7:16 | 2.00  | 13:33   | 6:46 | 6  | 2:51  | 388 | 7:16  |
| Runde Langstrec   | 2.00 | 12:48 | 6:24 | 24 | 4:01 | 484 | 6:25 | 4.00  | 26:21   | 6:35 | 6  | 5:18  | 388 | 13:41 |
| Runde Langstrec   | 2.00 | 12:57 | 6:28 | 23 | 4:01 | 480 | 6:29 | 6.00  | 39:18   | 6:32 | 6  | 7:51  | 387 | 20:10 |
| Runde Langstrec   | 2.00 | 13:39 | 6:49 | 23 | 4:40 | 481 | 7:15 | 8.00  | 52:57   | 6:37 | 24 | 10:53 | 486 | 27:25 |
| Leichtathletikhal | 2.00 | 14:47 | 7:23 | 24 | 5:59 | 483 | 8:44 | 10.00 | 1:07:44 | 6:46 | 24 | 23:46 | 481 | 36:09 |