



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Frießleben, Antje

Club: Jena

Number: 466

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 24:11

Speed: 9.92 km/h

Running performance: 6:03 min/km

Rank in course/Total: 322 (of 446)

Rank in course/Women: 96 (of 168)

Best time in course: 13:59

Rank in category: 18(of 34)

Best time in the category: 19:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	12:11	6:05	15	2:26	84	5:16	2.00	12:11	6:05	30		46	5:16
Leichtathletikhalle	2.00	12:00	6:00	19	2:11	105	4:56	4.00	24:11	6:02	18	4:14	96	10:12