



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Frontke, Antonia

Club: SV 1899 Mühlhausen

Number: 1515

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 45:31

Speed: 13.18 km/h

Running performance: 4:33 min/km

Rank in course/Total: 167 (of 618)

Rank in course/Women: 11 (of 118)

Best time in course: 36:13

Rank in category: 1 (of 7)

Best time in the category: 45:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	8:42	4:20	1	-	8	1:42	2.00	8:42	4:20	1	-	6	0:55
Runde	2.00	8:56	4:28	1	-	10	1:38	4.00	17:38	4:24	1	-	11	
Runde	2.00	9:18	4:39	1	-	11	1:57	6.00	26:56	4:29	1	-	11	0:29
Runde	2.00	9:26	4:43	1	-	13	2:07	8.00	36:22	4:32	1	-	11	1:07
Leichtathletikhalle	2.00	9:09	4:34	1	-	10	1:54	10.00	45:31	4:33	1	-	11	9:18