



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Frießleben, Antje

Club: Dresden

Number: 1527

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 58:30

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 547 (of 618)

Rank in course/Women: 87 (of 118)

Best time in course: 36:13

Rank in category: 27(of 34)

Best time in the category: 38:37

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	2.00	12:18	6:09	29	4:54	97	5:18	2.00	12:18	6:09	28		32	4:31
Runde	2.00	11:40	5:49	27	4:04	88	4:22	4.00	23:58	5:59	31		53	6:14
Runde	2.00	11:31	5:45	24	3:43	78	4:10	6.00	35:29	5:54	31		53	9:02
Runde	2.00	11:42	5:50	23	3:45	78	4:23	8.00	47:11	5:53	31		53	11:56
Leichtathletikhalle	2.00	11:19	5:39	21	3:31	71	4:04	10.00	58:30	5:50	27	19:53	87	22:17