



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 |