



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

### Frießleben, Antje

Club: Dresden

Number: 1799

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 58:16

Speed: 10.30 km/h

Running performance: 5:50 min/km

Rank in course/Total: 594 (of 686)

Rank in course/Women: 101 (of 143)

Best time in course: 35:30

Rank in category: 23(of 32)

Best time in the category: 40:27

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	30	5:05	114	5:22	2.00	12:18	6:09	4	0:30	67	5:22
Runde	2.00	11:33	5:46	26	3:38	105	4:26	4.00	23:51	5:57	4	1:17	110	9:48
Runde	2.00	11:29	5:44	24	3:15	100	4:19	6.00	35:20	5:53	4	2:00	110	14:07
Runde	2.00	11:35	5:47	22	3:03	95	4:22	8.00	46:55	5:51	3		110	18:29
Leichtathletikhalle	2.00	11:21	5:40	19	2:52	93	4:17	10.00	58:16	5:49	23	17:49	101	22:46