



# 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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                     |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |