



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dänner, Maika

Club: Erfurt
Number: 108

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
Frauen (20-29 Jahre)

Total time: 22:58

Speed: 10.45 km/h
Running performance: 5:44 min/km

Rank in course/Total: 254 (of 389)

Rank in course/Women: 58 (of 140)

Best time in course: 14:03

Rank in category: 14(of 25)

Best time in the category: 14:03

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	Total ranking			
											Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:39	5:49	14	4:40	62	4:40	2.00	11:39	5:49	1	-	72	0:12
Leichtathletikhalle	2.00	11:19	5:39	14	4:15	57	4:15	4.00	22:58	5:44	14	8:55	58	8:55