



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