



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dänner, Maika

Club: Erfurt
Number: 143

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
Frauen (20-29 Jahre)

Total time: 22:44

Speed: 10.56 km/h
Running performance: 5:41 min/km

Rank in course/Total: 312 (of 477)

Rank in course/Women: 77 (of 162)

Best time in course: 14:18

Rank in category: 15(of 31)

Best time in the category: 14:18

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	11:27	5:43	13	4:25	75	4:25	2.00	11:27	5:43	18		54	4:19
Leichtathletikhalle	2.00	11:17	5:38	17	4:01	83	4:01	4.00	22:44	5:41	15	8:26	78	8:26