



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 |