



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dänner, Maika

Club: Erfurt
Number: 233

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Frauen (20-29 Jahre)

Total time: 22:55

Speed: 10.47 km/h
Running performance: 5:44 min/km

Rank in course/Total: 252 (of 446)

Rank in course/Women: 65 (of 168)

Best time in course: 13:59

Rank in category: 11(of 25)

Best time in the category: 16:16

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 Kurzstrecke	2.00	11:50	5:55	13	3:52	73	4:55	2.00	11:50	5:55	16		88	4:55
Leichtathletikhalle	2.00	11:05	5:32	12	2:47	59	4:01	4.00	22:55	5:43	11	6:39	65	8:56