



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

**Konschak, Katja**

Club: SV Nordhausen 90  
Number: 354

Course: 9.90 km  
3 Runden

Category:  
Seniorinnen W30

Total time: 35:53

Speed: 15.05 km/h  
Running performance: 3:37 min/km

Rank in course/Total: 5 (of 69)  
Rank in course/Women: 1 (of 10)  
Best time in course: 35:53

Rank in category: 1(of 1)  
Best time in the category: 35:53