



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Konschak, Katja

Club: Triathlon Nordhausen

Number: 324

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 14:23

Speed: 16.69 km/h

Running performance: 3:36 min/km

Rank in course/Total: 15 (of 389)

Rank in course/Women: 2 (of 140)

Best time in course: 14:03

Rank in category: 1 (of 20)

Best time in the category: 14:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	6:59	3:29	1	-	1	-	2.00	6:59	3:29	20	-	2	-
Leichtathletikhalle	2.00	7:24	3:42	1	-	2	0:20	4.00	14:23	3:35	1	-	2	0:20