



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Konschak, Katja**

Club: Triathlon Nordhausen

Number: 1711

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 38:37

Speed: 15.54 km/h

Running performance: 3:52 min/km

Rank in course/Total: 29 (of 618)

Rank in course/Women: 2 (of 118)

Best time in course: 36:13

Rank in category: 1 (of 34)

Best time in the category: 38:37

### 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	7:24	3:42	1	-	2	0:24	2.00	7:24	3:42	21	-	2	5
Runde	2.00	7:36	3:47	1	-	2	0:18	4.00	15:00	3:45	23	-	2	8
Runde	2.00	7:48	3:53	1	-	2	0:27	6.00	22:48	3:48	23	-	2	8
Runde	2.00	7:57	3:58	1	-	3	0:38	8.00	30:45	3:50	23	-	3	8
Leichtathletikhalle	2.00	7:52	3:55	2	0:04	4	0:37	10.00	38:37	3:51	1	-	4	2:24