



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Konschak, Katja

Club: SV Nordhausen 90
Number: 486

Course: 9.90 km
3 Runden 9,9 km

Category:
Seniorinnen W35

Total time: 40:04

Speed: 13.48 km/h
Running performance: 4:03 min/km

Rank in course/Total: 5 (of 90)
Rank in course/Women: 1 (of 15)
Best time in course: 40:04

Rank in category: 1(of 2)
Best time in the category: 40:04

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
Rundenzeit	3.30	13:22	4:03	1	-	1	-	3.30	13:22	4:03	1	-	1	-
Rundenzeit	3.30	13:21	4:02	1	-	1	-	6.60	26:43	4:02	1	-	1	-
Finish	3.30	13:21	4:02	1	-	2	3:18	9.90	40:04	4:02	1	-	1	-