



## 31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

### Detailed evaluation

**KONSCHAK, Katja**

Club: Orthim Triathlon Nordhausen

Number: 48

Course: 6.50 km

Pokallauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 29:27

Speed: 12.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 30 (of 81)

Rank in course/Women: 5 (of 14)

Best time in course: 20:32

Rank in category: 1(of 1)

Best time in the category: 29:27