



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Konschak, Laetitia**

Club: Triathlon Nordhausen e.V.

Number: 125

Course: 3.90 km

Hobbylauf

Category:

weibliche Jugend U12 (10-11 Jahre)

Total time: 20:59

Speed: 8.58 km/h

Running performance: 5:23 min/km

Rank in course/Total: 19 (of 69)

Rank in course/Women: 7 (of 29)

Best time in course: 19:11

Rank in category: 2(of 4)

Best time in the category: 20:15