



38. Alteburglauf  
Arnstadt / 04.05.2016

## Detailed evaluation

Schärf, Rita

Number: 235

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 55:51

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 108 (of 125)

Rank in course/Women: 15 (of 25)

Best time in course: 44:56

Rank in category: 4(of 6)

Best time in the category: 51:24