



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Schärf, Rita

Club: Arnstadt  
Number: 231

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 53:43

Speed: 11.17 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 67 (of 84)  
Rank in course/Women: 13 (of 23)

Best time in course: 41:13  
Rank in category: 2(of 4)  
Best time in the category: 48:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	8:31	5:05	3	0:56	16	1:59	1.67	8:31	5:05	3	0:56	16	1:59
Lap 2	2.35	12:32	5:19	2	1:21	14	2:56	4.02	21:03	5:14	3	2:17	16	4:55
Lap 3	2.35	12:52	5:28	2	1:19	12	2:58	6.37	33:55	5:19	2	3:36	14	7:53
Lap 4	2.35	12:50	5:27	2	1:19	11	3:01	8.72	46:45	5:21	2	4:55	13	10:54
Last lap Finish	1.28	6:58	5:26	2	0:46	13	1:38	10.00	53:43	5:22	2	5:41	13	12:30