



27. Arnstädter Citylauf
Arnstadt / 29.04.2017

Detailed evaluation

SCHÄRF, Rita

Club: Die Schwenninger Krankenkasse
Number: 226

Course: 10.00 km
n3 10-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 54:56

Speed: 10.92 km/h
Running performance: 5:29 min/km

Rank in course/Total: 49 (of 62)

Rank in course/Women: 8 (of 17)

Best time in course: 45:15

Rank in category: 1(of 3)

Best time in the category: 54:56

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 | 8:33 | 5:07 | 1 | - | 8 | 1:23 | 1.67 | 8:33 | 5:07 | 1 | - | 8 | 1:23 |
| Lap 2 | 2.35 | 12:44 | 5:25 | 1 | - | 8 | 2:03 | 4.02 | 21:17 | 5:17 | 1 | - | 8 | 3:26 |
| Lap 3 | 2.35 | 13:08 | 5:35 | 1 | - | 8 | 2:24 | 6.37 | 34:25 | 5:24 | 1 | - | 8 | 5:49 |
| Lap 4 | 2.35 | 13:12 | 5:37 | 1 | - | 8 | 2:42 | 8.72 | 47:37 | 5:27 | 1 | - | 8 | 8:14 |
| Last lap Finish | 1.28 | 7:19 | 5:42 | 1 | - | 8 | 1:27 | 10.00 | 54:56 | 5:29 | 1 | - | 8 | 9:41 |