



40. Alteburglauf
Arnstadt / 04.05.2018

Detailed evaluation

SCHÄRF, Rita

Club: RSV Adler Arnstadt
Number: 316

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 57:08

Speed: 10.50 km/h
Running performance: 5:43 min/km

Rank in course/Total: 82 (of 111)

Rank in course/Women: 19 (of 36)

Best time in course: 45:26

Rank in category: 4(of 7)

Best time in the category: 46:49