



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

**SCHÄRF, Rita**

Club: RSV Adler Arnstadt

Number: 239

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 58:03

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 69 (of 96)

Rank in course/Women: 15 (of 34)

Best time in course: 39:56

Rank in category: 2(of 3)

Best time in the category: 56:18

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1           | 1.67        | 8:43          | 5:13            | 2           | 0:19           | 11           | 2:38            | 1.67          | 8:43          | 5:13            | 2           | 0:19           | 11           | 2:38            |
| Lap 2           | 2.35        | 13:30         | 5:44            | 3           | 0:46           | 16           | 4:18            | 4.02          | 22:13         | 5:31            | 3           | 1:05           | 18           | 6:56            |
| Lap 3           | 2.35        | 13:40         | 5:48            | 2           | 0:26           | 14           | 4:11            | 6.37          | 35:53         | 5:37            | 2           | 1:31           | 15           | 11:07           |
| Lap 4           | 2.35        | 14:12         | 6:02            | 2           | 0:27           | 14           | 4:26            | 8.72          | 50:05         | 5:44            | 2           | 1:58           | 14           | 15:33           |
| Last lap Finish | 1.28        | 7:58          | 6:13            | 2           | 0:14           | 21           | 2:34            | 10.00         | 58:03         | 5:48            | 2           | 1:45           | 15           | 18:07           |