



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind 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	