



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Hebenstreit, Ines**

Club: LAC Eichsfeld  
Number: 216

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 48:02

Speed: 12.49 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 38 (of 84)  
Rank in course/Women: 3 (of 23)  
Best time in course: 41:13

Rank in category: 1(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	7:35	4:32	1	-	4	1:03	1.67	7:35	4:32	1	-	4	1:03
Lap 2	2.35	11:11	4:45	1	-	4	1:35	4.02	18:46	4:40	1	-	3	2:38
Lap 3	2.35	11:33	4:54	1	-	4	1:39	6.37	30:19	4:45	1	-	3	4:17
Lap 4	2.35	11:31	4:54	1	-	3	1:42	8.72	41:50	4:47	1	-	3	5:59
Last lap Finish	1.28	6:12	4:50	1	-	4	0:52	10.00	48:02	4:48	1	-	3	6:49