



12. Kirschlauf des USV Erfurt  
Kleinfahrer / 24.06.2012

Detailed evaluation

**Köhler, Sabine**

Club: FC Deutsche Post  
Number: 155

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:33:55

Speed: 8.94 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 181 (of 245)

Rank in course/Women: 38 (of 63)

Best time in course: 1:03:32

Rank in category: 5(of 9)

Best time in the category: 1:18:25

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 |
| Posten  | 8.30        | 54:16         | 6:32            | 4           | 8:12           | 41           | 17:08           | 8.30          | 54:16         | 6:32            | 5           | 8:12           | 7            |
| Finish  | 5.70        | 39:39         | 6:57            | 4           | 7:18           | 34           | 13:15           | 14.00         | 1:33:55       | 6:42            | 5           | 15:30          | 38 30:23     |