



Detailed evaluation

Trautwein, Steffen

Club: Best of 75
Number: 29

Course: 8.00 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 52:01

Speed: 9.23 km/h
Running performance: 6:30 min/km

Rank in course/Total: 50 (of 292)

Rank in course/Men: 47 (of 192)

Best time in course: 38:15

Rank in category: 6(of 29)

Best time in the category: 43:19

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Himmelsleiter +	-	2:31	-	7	0:43	40	1:09	-	2:31	-	7	0:43	40	1:09
Himmelsleiter +	-	4:15	-	8	0:51	48	1:25	-	6:46	-	7	1:29	42	2:34
Nordwand + Dov	-	6:03	-	10	1:02	52	1:38	-	12:49	-	7	2:31	45	4:10
Nordwand + Dov	-	1:57	-	7	0:27	41	0:29	-	14:46	-	7	2:58	45	4:35
Duckmäuser Eins	-	16:40	-	6	2:38	35	4:19	-	31:26	-	6	5:36	37	8:40
Duckmäuser Aus	-	0:29	-	17	0:13	90	0:13	-	31:55	-	6	5:49	36	8:51
Pneumant Einstie	-	0:36	-	7	0:07	37	0:15	-	32:31	-	6	5:54	33	9:03
Pneumant Aussti	-	0:10	-	11	0:06	103	0:07	-	32:41	-	6	5:58	33	9:07
Heuschnupfen Ei	-	11:53	-	8	1:57	60	3:09	-	44:34	-	6	7:55	37	12:16
Heuschnupfen Ai	-	0:05	-	1	-	10	0:01	-	44:39	-	5	7:53	36	12:17
Schlammbowle E	-	2:32	-	5	0:20	50	0:37	-	47:11	-	5	8:13	36	12:53
Schlammbowle A	-	0:52	-	4	0:10	36	0:18	-	48:03	-	5	8:20	37	13:11
Sportplatz Mühlb	8.00	3:58	-	9	0:22	65	0:35	8.00	52:01	6:30	6	8:42	47	13:46