



Detailed evaluation

Steffen Trautwein

Number: 240

Course: 21.00 km
Halbmarathon

Category:
Senioren M45 (45-49)

Total time: 1:32:49

Speed: 13.58 km/h
Running performance: 4:25 min/km

Rank in course/Total: 5 (of 35)

Rank in course/Men: 5 (of 28)

Best time in course: 1:16:53

Rank in category: 1(of 6)

Best time in the category: 1:32:49

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
Zwischenzeit I	-	5:48	-	1	-	6	1:03	-	5:48	-	1	-	6	1:03
Zwischenzeit II	-	15:42	-	1	-	8	2:40	-	21:30	-	1	-	7	3:43
Zwischenzeit I	-	18:46	-	1	-	8	3:17	-	40:16	-	1	-	7	7:00
Zwischenzeit II	-	19:08	-	1	-	6	3:04	-	59:24	-	1	-	7	10:04
Zwischenzeit I	-	19:11	-	1	-	4	3:37	-	1:18:35	-	1	-	6	13:41
Finish	-	14:14	-	1	-	4	2:15	21.00	1:32:49	-	1	-	5	15:56