



## 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      |