



Personendaten

Person

Name	Podewski, Max (GER)
Startnummer	8786
Verein	TUSEM Essen
Mein Favorit	

Renninfo

Halb 1	01:22:40
Halb 2	01:21:29

Gesamt

Platz (M/W)	293
Platz (AK)	90
Platz (Gesamt)	322
Zielzeit (Netto)	02:44:08
Zielzeit (Brutto)	02:44:30
Total min/km	03:54 min/km

Splits

Split	Tageszeit	Zeit	Diff	min/km	km/h
5 km	10:19:52	00:19:31	19:31	03:55	15.38
10 km	10:39:38	00:39:17	19:46	03:58	15.18
15 km	10:59:04	00:58:42	19:26	03:54	15.44
20 km	11:18:45	01:18:23	19:41	03:57	15.24
Halb	11:23:02	01:22:40	04:18	03:55	15.35
25 km	11:38:02	01:37:40	15:0	03:51	15.62
30 km	11:57:23	01:57:01	19:21	03:53	15.50
35 km	12:16:35	02:16:14	19:13	03:51	15.61
40 km	12:35:50	02:35:29	19:15	03:51	15.59
Netto	12:44:30	02:44:08	08:40	03:57	15.20