



GXXH
高新区 / 06.05.2021-06.06.2021

Detailed evaluation

赵刚

Total time: 48:02

Number: 3_A0003

Speed: 12.49 km/h

Running performance: 4:48 min/km

Course: 10.00 km

10km (男子)

Rank in course: 13 (of 49)

Best time in course: 39:38

Category:

10km (男子)

Rank in category: 13(of 49)

Best time in the category: 39:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Kontrolle 105	-	9:54	-	26	2:13	26	2:13	-	9:54	-	26	2:13	26	2:13
Kontrolle 105	-	7:49	-	19	1:24	19	1:24	-	17:43	-	23	3:37	23	3:37
Kontrolle 105	-	7:51	-	16	1:23	16	1:23	-	25:34	-	19	5:00	19	5:00
Kontrolle 105	-	7:46	-	15	1:21	15	1:21	-	33:20	-	18	6:21	18	6:21
Kontrolle 105	-	7:37	-	10	1:30	10	1:30	-	40:57	-	17	7:51	17	7:51
Finish	-	7:05	-	8	0:33	8	0:33	10.00	48:02	-	13	8:24	13	8:24