



## Detailed evaluation

宋立仁

Total time: 48:47

Number: 63\_A0063

Speed: 12.30 km/h

Running performance: 4:52 min/km

Course: 10.00 km

10km (男子)

Rank in course: 17 (of 49)

Best time in course: 39:38

Category:

10km (男子)

Rank in category: 17(of 49)

Best time in the category: 39:38

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Kontrolle 105	-	9:14	-	14	1:33	14	1:33	-	9:14	-	14	1:33	14	1:33
Kontrolle 105	-	7:23	-	11	0:58	11	0:58	-	16:37	-	11	2:31	11	2:31
Kontrolle 105	-	7:45	-	14	1:17	14	1:17	-	24:22	-	11	3:48	11	3:48
Kontrolle 105	-	8:11	-	24	1:46	24	1:46	-	32:33	-	13	5:34	13	5:34
Kontrolle 105	-	8:05	-	21	1:58	21	1:58	-	40:38	-	14	7:32	14	7:32
Finish	-	8:09	-	24	1:37	24	1:37	10.00	48:47	-	17	9:09	17	9:09