



GXXH
高新区 / 06.05.2021-06.06.2021

Detailed evaluation

聂兴国

Total time: 49:40

Speed: 12.08 km/h

Running performance: 4:58 min/km

Number: 46_A0046

Course: 10.00 km

10km (男子)

Rank in course: 21 (of 49)

Best time in course: 39:38

Category:

10km (男子)

Rank in category: 21(of 49)

Best time in the category: 39:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	km	Time			min/km	Pos Total	Behind Total
Kontrolle 105	-	9:50	-	24	2:09	24	2:09	-	9:50	-	24	2:09	24	2:09
Kontrolle 105	-	7:43	-	17	1:18	17	1:18	-	17:33	-	22	3:27	22	3:27
Kontrolle 105	-	9:16	-	40	2:48	40	2:48	-	26:49	-	27	6:15	27	6:15
Kontrolle 105	-	9:27	-	38	3:02	38	3:02	-	36:16	-	30	9:17	30	9:17
Kontrolle 105	-	6:32	-	2	0:25	2	0:25	-	42:48	-	24	9:42	24	9:42
Finish	-	6:52	-	6	0:20	6	0:20	10.00	49:40	-	21	10:02	21	10:02