



GXXH
高新区 / 06.05.2021-06.06.2021

Detailed evaluation

程继贵

Total time: 54:38

Speed: 10.98 km/h

Running performance: 5:27 min/km

Number: 9_A0009

Course: 10.00 km

10km (男子)

Rank in course: 31 (of 49)

Best time in course: 39:38

Category:

10km (男子)

Rank in category: 31(of 49)

Best time in the category: 39:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	-	10:31	-	29	2:50	29	2:50	-	10:31	-	29	2:50	29	2:50
Kontrolle 105	-	8:29	-	29	2:04	29	2:04	-	19:00	-	29	4:54	29	4:54
Kontrolle 105	-	8:39	-	30	2:11	30	2:11	-	27:39	-	30	7:05	30	7:05
Kontrolle 105	-	9:06	-	35	2:41	35	2:41	-	36:45	-	32	9:46	32	9:46
Kontrolle 105	-	9:08	-	36	3:01	36	3:01	-	45:53	-	33	12:47	33	12:47
Finish	-	8:45	-	35	2:13	35	2:13	10.00	54:38	-	31	15:00	31	15:00