



GXXH
高新区 / 06.05.2021-06.06.2021

Detailed evaluation

李洪举

Total time: 43:40

Speed: 13.74 km/h

Running performance: 4:21 min/km

Number: 28_A0028

Course: 10.00 km

10km (男子)

Rank in course: 5 (of 49)

Best time in course: 39:38

Category:

10km (男子)

Rank in category: 5(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	-	8:21	-	5	0:40	5	0:40	-	8:21	-	5	0:40	5	0:40
Kontrolle 105	-	6:58	-	7	0:33	7	0:33	-	15:19	-	5	1:13	5	1:13
Kontrolle 105	-	7:02	-	5	0:34	5	0:34	-	22:21	-	5	1:47	5	1:47
Kontrolle 105	-	7:04	-	4	0:39	4	0:39	-	29:25	-	5	2:26	5	2:26
Kontrolle 105	-	7:10	-	6	1:03	6	1:03	-	36:35	-	5	3:29	5	3:29
Finish	-	7:05	-	8	0:33	8	0:33	10.00	43:40	-	5	4:02	5	4:02