



## Detailed evaluation

于李爽

Total time: 54:39

Speed: 10.98 km/h

Running performance: 5:27 min/km

Number: 20\_A0020

Course: 10.00 km

10km (女子)

Rank in course: 6 (of 20)

Best time in course: 43:51

Category:

10km (女子)

Rank in category: 6(of 20)

Best time in the category: 43:51

Intermediate times				Stage score				Total ranking						
Control	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	-	11:08	-	9	2:39	9	2:39	-	11:08	-	9	2:39	9	2:39
Kontrolle 105	-	8:48	-	8	1:56	8	1:56	-	19:56	-	8	4:35	8	4:35
Kontrolle 105	-	8:44	-	7	1:44	7	1:44	-	28:40	-	7	6:19	7	6:19
Kontrolle 105	-	8:36	-	6	1:32	6	1:32	-	37:16	-	7	7:51	7	7:51
Kontrolle 105	-	8:59	-	7	1:48	7	1:48	-	46:15	-	7	9:39	7	9:39
Finish	-	8:24	-	5	1:09	5	1:09	10.00	54:39	-	6	10:48	6	10:48