



Detailed evaluation

邢运

Number: 1_A0001

Course: 10.00 km
10km (男子)

Category:
10km (男子)

Total time: 45:47

Speed: 13.11 km/h

Running performance: 4:34 min/km

Rank in course: 7 (of 49)

Best time in course: 39:38

Rank in category: 7(of 49)

Best time in the category: 39:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Kontrolle 105	-	8:30	-	7	0:49	7	0:49	-	8:30	-	7	0:49	7	0:49
Kontrolle 105	-	6:53	-	5	0:28	5	0:28	-	15:23	-	7	1:17	7	1:17
Kontrolle 105	-	7:22	-	8	0:54	8	0:54	-	22:45	-	8	2:11	8	2:11
Kontrolle 105	-	7:43	-	13	1:18	13	1:18	-	30:28	-	8	3:29	8	3:29
Kontrolle 105	-	7:46	-	13	1:39	13	1:39	-	38:14	-	8	5:08	8	5:08
Finish	-	7:33	-	15	1:01	15	1:01	10.00	45:47	-	7	6:09	7	6:09