



2021卡尔美杯郑州高新区首届元旦迎新跑
 郑州高新区天健湖公园（天健广场枫香西街雪兰路交叉口） / 01.01.2021

Detailed evaluation

苗攀攀

Total time: 46:12

Speed: 12.99 km/h

Number: 1016_A1016

Running performance: 4:37 min/km

Course: 10.00 km

男子

Rank in course: 10 (of 84)

Best time in course: 36:17

Category:

Rank in category: 10(of 84)

男子

Best time in the category: 36:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Kontrolle 101	-	3:59	-	17	1:11	17	1:11	-	3:59	-	17	1:11	17	1:11
Kontrolle 101	-	9:51	-	10	2:08	10	2:08	-	13:50	-	11	3:19	11	3:19
Kontrolle 101	-	9:39	-	10	1:46	10	1:46	-	23:29	-	9	5:05	9	5:05
Kontrolle 101	-	9:40	-	11	1:40	11	1:40	-	33:09	-	11	6:45	11	6:45
Finish	-	9:44	-	9	1:42	9	1:42	10.00	46:12	-	10	9:55	10	9:55