



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

李霞

Total time: 1:08:06

Speed: 8.81 km/h

Number: 1223_A1223

Running performance: 6:48 min/km

Course: 10.00 km

女子

Rank in course: 18 (of 38)

Best time in course: 44:04

Category:

Rank in category: 18(of 38)

女子

Best time in the category: 44:04

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	-	5:30	-	18	1:55	18	1:55	-	5:30	-	18	1:55	18	1:55
Kontrolle 101	-	14:10	-	17	4:29	17	4:29	-	19:40	-	17	6:24	17	6:24
Kontrolle 101	-	15:18	-	25	5:54	25	5:54	-	34:58	-	19	12:17	19	12:17
Kontrolle 101	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Finish	-	15:23	-	24	6:15	24	6:15	10.00	1:08:06	-	18	24:02	18	24:02