



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

吕艳玲

Total time: 1:14:48

Speed: 8.02 km/h

Number: 520_A0520

Running performance: 7:28 min/km

Course: 10.00 km

女子

Rank in course: 26 (of 38)

Best time in course: 44:04

Category:

Rank in category: 26(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	-	5:54	-	30	2:19	30	2:19	-	5:54	-	30	2:19	30	2:19	
Kontrolle 101	-	15:53	-	29	6:12	29	6:12	-	21:47	-	29	8:31	29	8:31	
Kontrolle 101	-	15:18	-	25	5:54	25	5:54	-	37:05	-	27	14:24	27	14:24	
Kontrolle 101	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Finish	-	15:51	-	26	6:43	26	6:43	10.00	1:14:48	-	26	30:44	26	30:44	