



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

朱翔

Total time: 51:49

Number: 1024_A1024

Speed: 11.58 km/h

Running performance: 5:10 min/km

Course: 10.00 km

男子

Rank in course: 21 (of 84)

Best time in course: 36:17

Category:

男子

Rank in category: 21(of 84)

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.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Kontrolle 101	-	4:00	-	18	1:12	18	1:12	-	4:00	-	18	1:12	18	1:12
Kontrolle 101	-	10:56	-	22	3:13	22	3:13	-	14:56	-	20	4:25	20	4:25
Kontrolle 101	-	11:08	-	21	3:15	21	3:15	-	26:04	-	21	7:40	21	7:40
Kontrolle 101	-	11:10	-	23	3:10	23	3:10	-	37:14	-	22	10:50	22	10:50
Finish	-	10:53	-	18	2:51	18	2:51	10.00	51:49	-	21	15:32	21	15:32