



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

曹建朋

Total time: 54:45

Speed: 10.96 km/h

Number: 1022\_A1022

Running performance: 5:28 min/km

Course: 10.00 km

男子

Rank in course: 29 (of 84)

Best time in course: 36:17

Category:

Rank in category: 29(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	-	4:28	-	38	1:40	38	1:40	-	4:28	-	38	1:40	38	1:40	
Kontrolle 101	-	11:10	-	25	3:27	25	3:27	-	15:38	-	28	5:07	28	5:07	
Kontrolle 101	-	11:53	-	30	4:00	30	4:00	-	27:31	-	29	9:07	29	9:07	
Kontrolle 101	-	11:57	-	33	3:57	33	3:57	-	39:28	-	28	13:04	28	13:04	
Finish	-	11:30	-	28	3:28	28	3:28	10.00	54:45	-	29	18:28	29	18:28	