



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

姚开广

Total time: 55:21

Speed: 10.84 km/h

Number: 1019_A1019

Running performance: 5:32 min/km

Course: 10.00 km

男子

Rank in course: 30 (of 84)

Best time in course: 36:17

Category:

Rank in category: 30(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	-	4:53	-	51	2:05	51	2:05	-	4:53	-	51	2:05	51	2:05	
Kontrolle 101	-	11:22	-	26	3:39	26	3:39	-	16:15	-	31	5:44	31	5:44	
Kontrolle 101	-	11:48	-	28	3:55	28	3:55	-	28:03	-	30	9:39	30	9:39	
Kontrolle 101	-	11:41	-	27	3:41	27	3:41	-	39:44	-	30	13:20	30	13:20	
Finish	-	11:39	-	35	3:37	35	3:37	10.00	55:21	-	30	19:04	30	19:04	