



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

李继光

Total time: 56:21

Speed: 10.65 km/h

Number: 1012_A1012

Running performance: 5:38 min/km

Course: 10.00 km

男子

Rank in course: 31 (of 84)

Best time in course: 36:17

Category:

Rank in category: 31(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	km	Time			min/km	Pos Total	Behind Total
Kontrolle 101	-	4:39	-	45	1:51	45	1:51	-	4:39	-	45	1:51	45	1:51
Kontrolle 101	-	12:03	-	38	4:20	38	4:20	-	16:42	-	40	6:11	40	6:11
Kontrolle 101	-	12:31	-	39	4:38	39	4:38	-	29:13	-	37	10:49	37	10:49
Kontrolle 101	-	11:54	-	31	3:54	31	3:54	-	41:07	-	33	14:43	33	14:43
Finish	-	11:33	-	30	3:31	30	3:31	10.00	56:21	-	31	20:04	31	20:04