



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

肖海兰

Total time: 56:25

Number: 914\_A0914

Speed: 10.64 km/h

Running performance: 5:38 min/km

Course: 10.00 km

男子

Rank in course: 32 (of 84)

Best time in course: 36:17

Category:

Rank in category: 32(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	-	4:26	-	34	1:38	34	1:38	-	4:26	-	34	1:38	34	1:38	
Kontrolle 101	-	11:50	-	32	4:07	32	4:07	-	16:16	-	32	5:45	32	5:45	
Kontrolle 101	-	11:47	-	27	3:54	27	3:54	-	28:03	-	30	9:39	30	9:39	
Kontrolle 101	-	12:20	-	38	4:20	38	4:20	-	40:23	-	31	13:59	31	13:59	
Finish	-	11:54	-	40	3:52	40	3:52	10.00	56:25	-	32	20:08	32	20:08	