



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

李旭

Total time: 56:28

Number: 721_A0721

Speed: 10.63 km/h

Running performance: 5:38 min/km

Course: 10.00 km

男子

Rank in course: 33 (of 84)

Best time in course: 36:17

Category:

男子

Rank in category: 33(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.	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	-	5:07	-	56	2:19	56	2:19	-	5:07	-	56	2:19	56	2:19	
Kontrolle 101	-	12:29	-	43	4:46	43	4:46	-	17:36	-	52	7:05	52	7:05	
Kontrolle 101	-	11:58	-	31	4:05	31	4:05	-	29:34	-	42	11:10	42	11:10	
Kontrolle 101	-	11:55	-	32	3:55	32	3:55	-	41:29	-	38	15:05	38	15:05	
Finish	-	11:16	-	26	3:14	26	3:14	10.00	56:28	-	33	20:11	33	20:11	