



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

刘书英

Total time: 56:59

Number: 1008_A1008

Speed: 10.53 km/h

Running performance: 5:41 min/km

Course: 10.00 km

男子

Rank in course: 37 (of 84)

Best time in course: 36:17

Category:

男子

Rank in category: 37(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		Total		Pos Cat.	Behind Cat.	Pos Total	Behind Total
						Pos Total	Behind Total	km	Time	min/km	Pos Total				
Kontrolle 101	-	5:07	-	56	2:19	56	2:19	-	5:07	-	56	2:19	56	2:19	
Kontrolle 101	-	12:02	-	35	4:19	35	4:19	-	17:09	-	44	6:38	44	6:38	
Kontrolle 101	-	12:02	-	33	4:09	33	4:09	-	29:11	-	35	10:47	35	10:47	
Kontrolle 101	-	12:22	-	39	4:22	39	4:22	-	41:33	-	41	15:09	41	15:09	
Finish	-	11:27	-	27	3:25	27	3:25	10.00	56:59	-	37	20:42	37	20:42	