



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

庞豫州

Total time: 1:00:43

Speed: 9.88 km/h

Number: 815_A0815

Running performance: 6:04 min/km

Course: 10.00 km

男子

Rank in course: 46 (of 84)

Best time in course: 36:17

Category:

Rank in category: 46(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	-	4:27	-	37	1:39	37	1:39	-	4:27	-	37	1:39	37	1:39
Kontrolle 101	-	12:46	-	51	5:03	51	5:03	-	17:13	-	46	6:42	46	6:42
Kontrolle 101	-	12:32	-	40	4:39	40	4:39	-	29:45	-	45	11:21	45	11:21
Kontrolle 101	-	13:37	-	51	5:37	51	5:37	-	43:22	-	44	16:58	44	16:58
Finish	-	12:55	-	47	4:53	47	4:53	10.00	1:00:43	-	46	24:26	46	24:26