



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

李从善

Total time: 1:03:54

Speed: 9.39 km/h

Number: 1013_A1013

Running performance: 6:23 min/km

Course: 10.00 km

男子

Rank in course: 57 (of 84)

Best time in course: 36:17

Category:

Rank in category: 57(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.	Pos Total	Behind Total	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Kontrolle 101	-	5:08	-	58	2:20	58	2:20	-	5:08	-	58	2:20	58	2:20
Kontrolle 101	-	12:37	-	48	4:54	48	4:54	-	17:45	-	54	7:14	54	7:14
Kontrolle 101	-	13:24	-	54	5:31	54	5:31	-	31:09	-	52	12:45	52	12:45
Kontrolle 101	-	13:39	-	52	5:39	52	5:39	-	44:48	-	53	18:24	53	18:24
Finish	-	14:18	-	62	6:16	62	6:16	10.00	1:03:54	-	57	27:37	57	27:37