



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

李国亮

Total time: 1:08:06

Speed: 8.81 km/h

Number: 1226_A1226

Running performance: 6:48 min/km

Course: 10.00 km

男子

Rank in course: 63 (of 84)

Best time in course: 36:17

Category:

Rank in category: 63(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	-	4:31	-	41	1:43	41	1:43	-	4:31	-	41	1:43	41	1:43	
Kontrolle 101	-	13:04	-	61	5:21	61	5:21	-	17:35	-	51	7:04	51	7:04	
Kontrolle 101	-	13:55	-	64	6:02	64	6:02	-	31:30	-	61	13:06	61	13:06	
Kontrolle 101	-	14:26	-	57	6:26	57	6:26	-	45:56	-	57	19:32	57	19:32	
Finish	-	16:02	-	68	8:00	68	8:00	10.00	1:08:06	-	63	31:49	63	31:49	