



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

周阳

Total time: 45:27

Number: 1029_A1029

Speed: 13.20 km/h

Running performance: 4:32 min/km

Course: 10.00 km

男子

Rank in course: 8 (of 84)

Best time in course: 36:17

Category:

男子

Rank in category: 8(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 ranking				
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Kontrolle 101	-	3:39	-	8	0:51	8	0:51	-	3:39	-	8	0:51	8	0:51
Kontrolle 101	-	9:38	-	9	1:55	9	1:55	-	13:17	-	7	2:46	7	2:46
Kontrolle 101	-	9:25	-	8	1:32	8	1:32	-	22:42	-	7	4:18	7	4:18
Kontrolle 101	-	9:37	-	10	1:37	10	1:37	-	32:19	-	8	5:55	8	5:55
Finish	-	9:49	-	10	1:47	10	1:47	10.00	45:27	-	8	9:10	8	9:10