



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

何若瑀

Total time: 44:57

Speed: 13.35 km/h

Number: 308_T0308

Running performance: 4:29 min/km

Course: 10.00 km

女子

Rank in course: 4 (of 38)

Best time in course: 44:04

Category:

Rank in category: 4(of 38)

女子

Best time in the category: 44:04

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	-	3:35	-	1	-	1	-	-	3:35	-	1	-	1	-
Kontrolle 101	-	9:42	-	2	0:01	2	0:01	-	13:17	-	2	0:01	2	0:01
Kontrolle 101	-	9:24	-	1	-	1	-	-	22:41	-	1	-	1	-
Kontrolle 101	-	9:23	-	4	0:06	4	0:06	-	32:04	-	4	0:06	4	0:06
Finish	-	9:29	-	4	0:21	4	0:21	10.00	44:57	-	4	0:53	4	0:53