



Detailed evaluation

Pankoks, Māris

Club: Liepājas Vieglatlētikas klubs
Number: 181

Course: 27.60 km
Lusis

Category:
VL3A

Total time: 2:30:28

Speed: 10.77 km/h

Rank in course/Total: 74 (of 257)

Rank in course/Total: 67 (of 193)

Best time in course: 1:46:24

Rank in category: 19(of 60)

Best time in the category: 2:05:30

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Total	Behind Total
101	-	30:41	-	16	4:17	48	8:21	-	30:41	-	16	4:17	48	8:21
102	-	18:38	-	22	2:46	69	5:15	-	49:19	-	19	6:39	56	13:36
103	-	34:40	-	25	5:52	82	10:07	-	1:23:59	-	18	12:31	60	23:43
104	-	12:05	-	18	1:51	66	3:30	-	1:36:04	-	18	14:18	59	27:13
105	-	41:09	-	22	7:44	80	12:35	-	2:17:13	-	20	22:02	64	39:48
111	-	10:30	-	24	2:26	81	3:25	-	2:27:43	-	20	24:28	69	43:13
112	-	1:52	-	30	0:54	110	1:01	-	2:29:35	-	18	24:51	65	44:02
Finish	-	0:53	-	8	0:09	26	0:09	27.60	2:30:28	-	19	24:58	67	44:04