



Detailed evaluation

Pankoks, Māris

Club: Liepājas vieglatlētikas klubs
Number: 9355

Course: 32.00 km
Lusis

Category:
VL3A

Total time: 3:02:37

Speed: 10.51 km/h

Rank in course/Total: 59 (of 199)

Rank in course/Men: 53 (of 153)

Best time in course: 2:13:06

Rank in category: 16(of 42)

Best time in the category: 2:30:09

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
101	4.75	21:23	11.22	8	3:05	34	5:04	4.75	21:23	11.22	8	3:05	34	5:04
102	0.25	4:15	0.00	26	1:40	91	2:09	5.00	25:38	11.70	11	4:21	39	6:42
103	5.00	30:14	9.92	14	4:02	45	6:03	10.00	55:52	10.74	14	7:15	43	11:30
104	7.00	34:49	12.06	15	4:24	49	8:34	17.00	1:30:41	11.25	14	11:38	45	20:02
105	6.00	35:53	10.03	16	6:06	52	10:01	23.00	2:06:34	10.90	15	17:44	47	29:54
106	6.00	38:08	9.44	26	11:27	83	13:44	29.00	2:44:42	10.56	18	36:02	53	43:21
Finish	3.00	17:55	10.05	16	4:10	61	6:10	32.00	3:02:37	10.51	17	34:46	55	49:31