



Detailed evaluation

Pankoks, Māris

Club: Liepājas Vieglatlētikas klubs
Number: 182

Course: 29.00 km
Luisis

Category:
VL3

Total time: 2:51:20

Speed: 10.16 km/h

Rank in course/Total: 30 (of 211)

Rank in course/Men: 27 (of 155)

Best time in course: 1:58:43

Rank in category: 9(of 41)

Best time in the category: 2:33:14

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	-	23:42	-	10	3:18	35	6:13	-	23:42	-	10	3:18	35	6:13
102	-	37:15	-	10	3:17	29	9:12	-	1:00:57	-	9	6:35	31	15:25
Sprint Start	-	20:44	-	9	2:43	28	6:01	-	1:21:41	-	9	7:34	30	21:26
Sprint Finish	-	3:17	-	15	0:58	58	1:20	-	1:24:58	-	9	8:14	30	22:37
105	-	29:36	-	8	3:39	27	9:24	-	1:54:34	-	9	11:21	27	32:01
106	-	44:29	-	8	5:58	33	17:55	-	2:39:03	-	9	17:04	25	48:39
Finish	-	12:17	-	7	1:12	28	3:58	29.00	2:51:20	-	9	18:06	27	52:37