



Detailed evaluation

Pankoks, Māris

Club: Liepājas Vieglatlētikas klubs
Number: 217

Course: 29.00 km
Lusis

Category:
VL3

Total time: 3:17:58

Speed: 8.79 km/h

Rank in course/Total: 150 (of 220)

Rank in course/Men: 128 (of 167)

Best time in course: 1:54:47

Rank in category: 42(of 56)

Best time in the category: 2:12:23

Control	Intermediate times			Stage score				Total ranking						
	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
Sprint Start	-	35:59	-	15	8:52	51	11:21	-	35:59	-	15	8:52	51	11:21
Sprint Finish	-	1:23	-	14	0:21	61	0:35	-	37:22	-	14	9:02	50	11:53
103	-	20:00	-	29	5:13	94	6:53	-	57:22	-	16	14:15	58	18:46
104	-	35:32	-	34	10:11	107	12:49	-	1:32:54	-	23	24:26	75	31:35
105	-	46:03	-	48	18:59	145	26:21	-	2:18:57	-	33	38:37	104	53:50
106	-	51:00	-	54	25:01	162	26:49	-	3:09:57	-	43	1:03:38	130	1:20:39
Finish	-	8:01	-	25	2:13	94	2:53	29.00	3:17:58	-	42	1:05:35	128	1:23:11