



Detailed evaluation

Pankoks, Māris

Club: Liepājas Vieglatlētikas klubs

Number: 3783

Course: 13.00 km

Zakis

Category:

VZ3

Total time: 1:33:36

Speed: 8.33 km/h

Rank in course/Total: 248 (of 894)

Rank in course/Men: 211 (of 476)

Best time in course: 52:41

Rank in category: 176(of 404)

Best time in the category: 52:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
101	-	37:32	-	224	28:11	263	28:11	-	37:32	-	224	28:11	263	28:11
104	-	38:06	-	156	12:22	185	12:22	-	1:15:38	-	195	30:45	228	30:45
Sprint Start	-	7:40	-	140	2:33	169	2:33	-	1:23:18	-	182	29:19	217	29:19
Sprint Finish	-	3:36	-	233	2:12	280	2:22	-	1:26:54	-	179	31:31	214	31:31
Finish	-	6:42	-	86	1:38	103	1:38	13.00	1:33:36	-	176	40:55	211	40:55