



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Jānis Mežiels

Club: ASK PATRIA SPORTLAND
Number: 361

Course: 20.10 km
Sporta distance

Category:
V1-Sporta distance

Total time: 1:20:07

Speed: 14.98 km/h
Running performance: 3.99 min/km

Rank in course/Total: 6 (of 157)

Rank in course/Men: 6 (of 117)

Best time in course: 1:13:37

Rank in category: 5(of 31)

Best time in the category: 1:13:37

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1	-	8:37	-	5	0:23	7	0:23	-	8:37	-	5	0:23	7	0:23
2	-	13:17	-	5	1:08	6	1:08	-	21:54	-	5	1:29	6	1:29
3	-	3:09	-	5	0:17	7	0:17	-	25:03	-	5	1:46	7	1:46
4	-	9:22	-	5	0:44	6	0:44	-	34:25	-	5	2:28	7	2:28
5	-	5:16	-	5	0:27	6	0:27	-	39:41	-	5	2:55	6	2:55
1	-	8:36	-	5	0:46	6	0:46	-	48:17	-	5	3:41	6	3:41
2	-	13:53	-	5	1:33	6	1:33	-	1:02:10	-	5	5:14	6	5:14
3	-	3:04	-	4	0:08	4	0:08	-	1:05:14	-	5	5:22	6	5:22
4	-	9:25	-	5	0:47	6	0:47	-	1:14:39	-	5	6:09	6	6:09
Finish	-	5:28	-	5	0:27	8	0:27	20.10	1:20:07	-	5	6:30	6	6:30