



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Nauris Aukmanis

Club: ASK PATRIA SPORTLAND
Number: 342

Course: 20.10 km
Sporta distance

Category:
V1-Sporta distance

Total time: 1:27:38

Speed: 13.76 km/h
Running performance: 4.36 min/km

Rank in course/Total: 17 (of 157)

Rank in course/Men: 17 (of 117)

Best time in course: 1:13:37

Rank in category: 9(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	-	9:09	-	7	0:55	12	0:55	-	9:09	-	7	0:55	12	0:55
2	-	14:34	-	10	2:25	19	2:25	-	23:43	-	9	3:18	18	3:18
3	-	3:40	-	11	0:48	25	0:48	-	27:23	-	9	4:06	18	4:06
4	-	10:29	-	10	1:51	18	1:51	-	37:52	-	10	5:55	18	5:55
5	-	5:48	-	10	0:59	18	0:59	-	43:40	-	10	6:54	19	6:54
1	-	9:38	-	10	1:48	19	1:48	-	53:18	-	10	8:42	19	8:42
2	-	14:58	-	10	2:38	18	2:38	-	1:08:16	-	9	11:20	18	11:20
3	-	3:31	-	8	0:35	16	0:35	-	1:11:47	-	9	11:55	18	11:55
4	-	10:01	-	6	1:23	13	1:23	-	1:21:48	-	9	13:18	17	13:18
Finish	-	5:50	-	9	0:49	19	0:49	20.10	1:27:38	-	9	14:01	17	14:01