



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ainārs Drozds

Club: OK Meridiāns
Number: 349

Course: 20.10 km
Sporta distance

Category:
V1-Sporta distance

Total time: 1:28:13

Speed: 13.60 km/h
Running performance: 4.39 min/km

Rank in course/Total: 18 (of 157)

Rank in course/Men: 18 (of 117)

Best time in course: 1:13:37

Rank in category: 10(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	-	9:29	-	10	1:15	20	1:15	-	9:29	-	10	1:15	20	1:15
2	-	14:32	-	9	2:23	18	2:23	-	24:01	-	10	3:36	20	3:36
3	-	3:25	-	9	0:33	15	0:33	-	27:26	-	10	4:09	20	4:09
4	-	10:08	-	9	1:30	17	1:30	-	37:34	-	9	5:37	17	5:37
5	-	5:37	-	7	0:48	13	0:48	-	43:11	-	9	6:25	18	6:25
1	-	9:52	-	11	2:02	20	2:02	-	53:03	-	9	8:27	18	8:27
2	-	15:14	-	11	2:54	19	2:54	-	1:08:17	-	10	11:21	19	11:21
3	-	3:31	-	8	0:35	16	0:35	-	1:11:48	-	10	11:56	19	11:56
4	-	10:28	-	11	1:50	20	1:50	-	1:22:16	-	10	13:46	19	13:46
Finish	-	5:57	-	12	0:56	23	0:56	20.10	1:28:13	-	10	14:36	18	14:36