



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Nauris Spalviņš

Club: JS DREAM TEAM

Number: 366

Course: 20.10 km

Sporta distance

Category:

V1-Sporta distance

Total time: 1:31:02

Speed: 13.18 km/h

Running performance: 4.53 min/km

Rank in course/Total: 20 (of 157)

Rank in course/Men: 20 (of 117)

Best time in course: 1:13:37

Rank in category: 11(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	-	10:53	-	14	2:39	36	2:39	-	10:53	-	14	2:39	36	2:39	
2	-	15:25	-	11	3:16	26	3:16	-	26:18	-	13	5:53	32	5:53	
3	-	3:42	-	12	0:50	27	0:50	-	30:00	-	14	6:43	33	6:43	
4	-	10:41	-	11	2:03	20	2:03	-	40:41	-	11	8:44	26	8:44	
5	-	5:59	-	11	1:10	19	1:10	-	46:40	-	11	9:54	26	9:54	
1	-	9:36	-	9	1:46	18	1:46	-	56:16	-	11	11:40	21	11:40	
2	-	14:56	-	9	2:36	17	2:36	-	1:11:12	-	11	14:16	21	14:16	
3	-	3:36	-	12	0:40	20	0:40	-	1:14:48	-	11	14:56	21	14:56	
4	-	10:20	-	9	1:42	17	1:42	-	1:25:08	-	11	16:38	20	16:38	
Finish	-	5:54	-	11	0:53	21	0:53	20.10	1:31:02	-	11	17:25	20	17:25	