



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 | |