



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Jānis Zālītis

Club: OK Meridiāns
Number: 820

Course: 20.10 km
Sporta distance

Category:
V1-Sporta distance

Total time: 1:38:02

Speed: 12.24 km/h
Running performance: 4.88 min/km

Rank in course/Total: 37 (of 157)

Rank in course/Men: 34 (of 117)

Best time in course: 1:13:37

Rank in category: 13(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	-	10:00	-	11	1:46	24	1:46	-	10:00	-	11	1:46	24	1:46
2	-	15:58	-	14	3:49	35	3:49	-	25:58	-	11	5:33	29	5:33
3	-	3:59	-	17	1:07	41	1:07	-	29:57	-	12	6:40	31	6:40
4	-	11:32	-	15	2:54	33	2:54	-	41:29	-	13	9:32	31	9:32
5	-	6:20	-	13	1:31	31	1:31	-	47:49	-	13	11:03	32	11:03
1	-	10:20	-	12	2:30	28	2:30	-	58:09	-	13	13:33	31	13:33
2	-	16:59	-	14	4:39	43	4:39	-	1:15:08	-	13	18:12	31	18:12
3	-	4:00	-	15	1:04	41	1:04	-	1:19:08	-	13	19:16	31	19:16
4	-	11:56	-	13	3:18	42	3:18	-	1:31:04	-	13	22:34	32	22:34
Finish	-	6:58	-	20	1:57	64	1:57	20.10	1:38:02	-	13	24:25	34	24:25