



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Harijs Heislars

Total time: 1:44:53

Number: 352

Speed: 11.44 km/h

Running performance: 5.22 min/km

Course: 20.10 km

Rank in course/Total: 61 (of 157)

Sporta distance

Rank in course/Men: 55 (of 117)

Best time in course: 1:13:37

Category:

Rank in category: 17(of 31)

V1-Sporta distance

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	-	11:04	-	16	2:50	38	2:50	-	11:04	-	16	2:50	38	2:50	
2	-	17:01	-	18	4:52	53	4:52	-	28:05	-	18	7:40	46	7:40	
3	-	3:51	-	13	0:59	33	0:59	-	31:56	-	18	8:39	43	8:39	
4	-	12:18	-	19	3:40	61	3:40	-	44:14	-	18	12:17	45	12:17	
5	-	6:35	-	16	1:46	40	1:46	-	50:49	-	18	14:03	44	14:03	
1	-	13:37	-	25	5:47	89	5:47	-	1:04:26	-	19	19:50	60	19:50	
2	-	18:04	-	19	5:44	66	5:44	-	1:22:30	-	19	25:34	60	25:34	
3	-	3:53	-	13	0:57	34	0:57	-	1:26:23	-	19	26:31	60	26:31	
4	-	12:07	-	19	3:29	50	3:29	-	1:38:30	-	18	30:00	58	30:00	
Finish	-	6:23	-	13	1:22	35	1:22	20.10	1:44:53	-	17	31:16	55	31:16	