



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Jānis Sondors

Club: Dominieši
Number: 365

Course: 20.10 km
Sporta distance

Category:
V1-Sporta distance

Total time: 1:50:29

Speed: 10.92 km/h
Running performance: 5.50 min/km

Rank in course/Total: 83 (of 157)

Rank in course/Men: 73 (of 117)

Best time in course: 1:13:37

Rank in category: 23(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	-	13:30	-	24	5:16	81	5:16	-	13:30	-	24	5:16	81	5:16
2	-	17:58	-	22	5:49	71	5:49	-	31:28	-	23	11:03	76	11:03
3	-	4:23	-	20	1:31	64	1:31	-	35:51	-	23	12:34	76	12:34
4	-	12:43	-	23	4:05	71	4:05	-	48:34	-	23	16:37	73	16:37
5	-	7:08	-	22	2:19	69	2:19	-	55:42	-	23	18:56	73	18:56
1	-	12:01	-	21	4:11	68	4:11	-	1:07:43	-	23	23:07	73	23:07
2	-	18:19	-	21	5:59	71	5:59	-	1:26:02	-	23	29:06	73	29:06
3	-	4:24	-	20	1:28	71	1:28	-	1:30:26	-	23	30:34	73	30:34
4	-	12:50	-	22	4:12	71	4:12	-	1:43:16	-	23	34:46	73	34:46
Finish	-	7:13	-	23	2:12	75	2:12	20.10	1:50:29	-	23	36:52	73	36:52