



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ruslans Mamedovs

Club: Binitex
Number: 360

Course: 20.10 km
Sporta distance

Category:
V1-Sporta distance

Total time: 1:55:04

Speed: 10.48 km/h
Running performance: 5.72 min/km

Rank in course/Total: 97 (of 157)

Rank in course/Men: 81 (of 117)

Best time in course: 1:13:37

Rank in category: 24(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	-	14:37	-	26	6:23	96	6:23	-	14:37	-	26	6:23	96	6:23
2	-	19:04	-	25	6:55	87	6:55	-	33:41	-	26	13:16	92	13:16
3	-	4:43	-	24	1:51	83	1:51	-	38:24	-	26	15:07	91	15:07
4	-	13:30	-	25	4:52	84	4:52	-	51:54	-	25	19:57	83	19:57
5	-	7:11	-	23	2:22	73	2:22	-	59:05	-	24	22:19	81	22:19
1	-	13:05	-	24	5:15	85	5:15	-	1:12:10	-	24	27:34	84	27:34
2	-	18:35	-	22	6:15	76	6:15	-	1:30:45	-	24	33:49	81	33:49
3	-	4:31	-	23	1:35	77	1:35	-	1:35:16	-	24	35:24	81	35:24
4	-	12:53	-	23	4:15	72	4:15	-	1:48:09	-	24	39:39	82	39:39
Finish	-	6:55	-	19	1:54	62	1:54	20.10	1:55:04	-	24	41:27	81	41:27