



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Normunds Kronbergs

Club: Tukums
Number: 357

Course: 20.10 km
Sporta distance

Category:
V1-Sporta distance

Total time: 2:21:47

Speed: 8.51 km/h
Running performance: 7.05 min/km

Rank in course/Total: 144 (of 157)

Rank in course/Men: 109 (of 117)

Best time in course: 1:13:37

Rank in category: 31(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	-	13:48	-	25	5:34	84	5:34	-	13:48	-	25	5:34	84	5:34
2	-	18:53	-	24	6:44	83	6:44	-	32:41	-	24	12:16	83	12:16
3	-	5:01	-	30	2:09	107	2:09	-	37:42	-	24	14:25	83	14:25
4	-	14:07	-	28	5:29	95	5:29	-	51:49	-	24	19:52	82	19:52
5	-	7:45	-	29	2:56	91	2:56	-	59:34	-	25	22:48	83	22:48
1	-	17:15	-	31	9:25	115	9:25	-	1:16:49	-	29	32:13	102	32:13
2	-	27:05	-	31	14:45	116	14:45	-	1:43:54	-	31	46:58	112	46:58
3	-	6:25	-	31	3:29	114	3:29	-	1:50:19	-	31	50:27	112	50:27
4	-	20:29	-	31	11:51	111	11:51	-	2:10:48	-	31	1:02:18	109	1:02:18
Finish	-	10:59	-	31	5:58	114	5:58	20.10	2:21:47	-	31	1:08:10	109	1:08:10