



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Fricis Spektors

Club: Auseklis IK
Number: 157

Course: 10.00 km
Tautas distance

Category:
V1-Tautas distance

Total time: 42:33

Speed: 14.10 km/h
Running performance: 4.26 min/km

Rank in course/Total: 10 (of 256)

Rank in course/Men: 9 (of 140)

Best time in course: 37:16

Rank in category: 6(of 54)

Best time in the category: 37:55

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	-	8:24	-	4	0:29	5	0:29	-	8:24	-	4	0:29	5	0:29
2	-	14:35	-	8	1:53	13	1:53	-	22:59	-	7	2:15	10	2:15
3	-	3:45	-	15	0:37	34	0:37	-	26:44	-	8	2:47	11	2:48
4	-	10:14	-	7	1:12	12	1:26	-	36:58	-	6	3:59	9	4:14
Finish	-	5:35	-	7	0:39	13	1:03	10.00	42:33	-	6	4:38	9	5:17