



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Helmutš Rasa

Club: SPORTLAND

Number: 148

Course: 10.00 km

Tautas distance

Category:

V1-Tautas distance

Total time: 48:21

Speed: 12.41 km/h

Running performance: 4.84 min/km

Rank in course/Total: 47 (of 256)

Rank in course/Men: 43 (of 140)

Best time in course: 37:16

Rank in category: 19(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.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
1	-	11:13	-	28	3:18	62	3:18	-	11:13	-	28	3:18	62	3:18	
2	-	16:16	-	22	3:34	46	3:34	-	27:29	-	23	6:45	50	6:45	
3	-	3:55	-	23	0:47	47	0:47	-	31:24	-	23	7:27	50	7:28	
4	-	11:10	-	19	2:08	41	2:22	-	42:34	-	20	9:35	45	9:50	
Finish	-	5:47	-	10	0:51	21	1:15	10.00	48:21	-	19	10:26	43	11:05	