



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Helmut's 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 | |