



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Rihards Bendrāts

Club: SPORTLAND

Number: 119

Course: 10.00 km

Tautas distance

Category:

V1-Tautas distance

Total time: 51:54

Speed: 11.56 km/h

Running performance: 5.19 min/km

Rank in course/Total: 72 (of 256)

Rank in course/Men: 63 (of 140)

Best time in course: 37:16

Rank in category: 28(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1	-	10:54	-	25	2:59	54	2:59	-	10:54	-	25	2:59	54	2:59
2	-	16:53	-	25	4:11	52	4:11	-	27:47	-	25	7:03	52	7:03
3	-	4:12	-	31	1:04	69	1:04	-	31:59	-	25	8:02	53	8:03
4	-	12:53	-	34	3:51	85	4:05	-	44:52	-	26	11:53	58	12:08
Finish	-	7:02	-	35	2:06	82	2:30	10.00	51:54	-	28	13:59	63	14:38