



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Paulis Janovs

Club: Siguldas takas
Number: 836

Course: 10.00 km
Tautas distance

Category:
V1-Tautas distance

Total time: 56:36

Speed: 10.60 km/h
Running performance: 5.66 min/km

Rank in course/Total: 111 (of 256)

Rank in course/Men: 90 (of 140)

Best time in course: 37:16

Rank in category: 36(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 | - | 12:57 | - | 41 | 5:02 | 98 | 5:02 | - | 12:57 | - | 41 | 5:02 | 98 | 5:02 |
| 2 | - | 18:08 | - | 34 | 5:26 | 81 | 5:26 | - | 31:05 | - | 37 | 10:21 | 89 | 10:21 |
| 3 | - | 4:16 | - | 33 | 1:08 | 75 | 1:08 | - | 35:21 | - | 37 | 11:24 | 89 | 11:25 |
| 4 | - | 13:20 | - | 37 | 4:18 | 92 | 4:32 | - | 48:41 | - | 36 | 15:42 | 89 | 15:57 |
| Finish | - | 7:55 | - | 41 | 2:59 | 108 | 3:23 | 10.00 | 56:36 | - | 36 | 18:41 | 90 | 19:20 |