



LMP Noskrien ziemu 1.posms SĒJĀ

SĒJĀ / 17.12.2017

Detailed evaluation

Jānis Kūms

Club: Inov-8 | Suunto Team Latvia
Number: 395

Course: 20.10 km
Sporta distance

Category:
V2-Sporta distance

Total time: 1:20:55

Speed: 14.83 km/h
Running performance: 4.03 min/km

Rank in course/Total: 7 (of 157)

Rank in course/Men: 7 (of 117)

Best time in course: 1:13:37

Rank in category: 2(of 55)

Best time in the category: 1:17:50

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	-	8:34	-	1	-	4	0:20	-	8:34	-	1	-	4	0:20
2	-	13:21	-	2	0:35	7	1:12	-	21:55	-	2	0:31	7	1:30
3	-	3:07	-	2	0:07	6	0:15	-	25:02	-	2	0:38	6	1:45
4	-	9:22	-	2	0:17	6	0:44	-	34:24	-	2	0:55	6	2:27
5	-	5:19	-	2	0:16	7	0:30	-	39:43	-	2	1:11	7	2:57
1	-	8:45	-	2	0:17	7	0:55	-	48:28	-	2	1:28	7	3:52
2	-	14:26	-	6	1:15	11	2:06	-	1:02:54	-	2	2:43	7	5:58
3	-	3:11	-	2	0:05	7	0:15	-	1:06:05	-	2	2:48	7	6:13
4	-	9:27	-	2	0:05	7	0:49	-	1:15:32	-	2	2:53	7	7:02
Finish	-	5:23	-	3	0:12	7	0:22	20.10	1:20:55	-	2	3:05	7	7:18