



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Mārtiņš Sirmais

Club: Inov8 / Suunto / OSVeikals.lv  
Number: 413

Course: 20.10 km  
Sporta distance

Category:  
V2-Sporta distance

Total time: 1:24:53

Speed: 14.21 km/h  
Running performance: 4.22 min/km

Rank in course/Total: 13 (of 157)

Rank in course/Men: 13 (of 117)

Best time in course: 1:13:37

Rank in category: 7(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	-	9:14	-	9	0:40	16	1:00	-	9:14	-	9	0:40	16	1:00
2	-	14:11	-	6	1:25	13	2:02	-	23:25	-	7	2:01	14	3:00
3	-	3:26	-	9	0:26	18	0:34	-	26:51	-	8	2:27	15	3:34
4	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
5	-	15:38	-	54	10:35	115	10:49	-	42:29	-	8	3:57	15	5:43
1	-	9:28	-	8	1:00	15	1:38	-	51:57	-	9	4:57	16	7:21
2	-	14:27	-	7	1:16	12	2:07	-	1:06:24	-	8	6:13	15	9:28
3	-	3:20	-	7	0:14	12	0:24	-	1:09:44	-	8	6:27	15	9:52
4	-	9:35	-	3	0:13	8	0:57	-	1:19:19	-	7	6:40	13	10:49
Finish	-	5:34	-	4	0:23	9	0:33	20.10	1:24:53	-	7	7:03	13	11:16