



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Kaspars Adijāns

Club: Vichy
Number: 372

Course: 20.10 km
Sporta distance

Category:
V2-Sporta distance

Total time: 1:32:21

Speed: 12.99 km/h
Running performance: 4.59 min/km

Rank in course/Total: 21 (of 157)

Rank in course/Men: 21 (of 117)

Best time in course: 1:13:37

Rank in category: 10(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	-	9:11	-	6	0:37	13	0:57	-	9:11	-	6	0:37	13	0:57	
2	-	14:41	-	10	1:55	20	2:32	-	23:52	-	10	2:28	19	3:27	
3	-	3:33	-	10	0:33	19	0:41	-	27:25	-	10	3:01	19	4:08	
4	-	10:29	-	9	1:24	18	1:51	-	37:54	-	9	4:25	19	5:57	
5	-	6:04	-	10	1:01	21	1:15	-	43:58	-	10	5:26	20	7:12	
1	-	10:05	-	12	1:37	23	2:15	-	54:03	-	10	7:03	20	9:27	
2	-	16:02	-	14	2:51	28	3:42	-	1:10:05	-	10	9:54	20	13:09	
3	-	3:48	-	17	0:42	31	0:52	-	1:13:53	-	10	10:36	20	14:01	
4	-	12:13	-	30	2:51	56	3:35	-	1:26:06	-	10	13:27	21	17:36	
Finish	-	6:15	-	15	1:04	31	1:14	20.10	1:32:21	-	10	14:31	21	18:44	