



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

**Helmutš Gustš**

Club: Individuāli  
Number: 386

Course: 20.10 km  
Sporta distance

Category:  
V2-Sporta distance

Total time: 1:37:55

Speed: 12.32 km/h  
Running performance: 4.87 min/km

Rank in course/Total: 36 (of 157)

Rank in course/Men: 33 (of 117)

Best time in course: 1:13:37

Rank in category: 19(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	-	10:16	-	15	1:42	30	2:02	-	10:16	-	15	1:42	30	2:02
2	-	15:29	-	15	2:43	29	3:20	-	25:45	-	16	4:21	28	5:20
3	-	3:35	-	13	0:35	22	0:43	-	29:20	-	16	4:56	28	6:03
4	-	10:51	-	13	1:46	26	2:13	-	40:11	-	13	6:42	24	8:14
5	-	6:26	-	19	1:23	36	1:37	-	46:37	-	14	8:05	25	9:51
1	-	10:37	-	19	2:09	33	2:47	-	57:14	-	16	10:14	28	12:38
2	-	17:11	-	26	4:00	44	4:51	-	1:14:25	-	16	14:14	30	17:29
3	-	3:57	-	22	0:51	38	1:01	-	1:18:22	-	16	15:05	30	18:30
4	-	12:14	-	31	2:52	57	3:36	-	1:30:36	-	16	17:57	30	22:06
Finish	-	7:19	-	39	2:08	77	2:18	20.10	1:37:55	-	19	20:05	33	24:18