



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Mārtiņš Kāns

Club: TeamKažemāka
Number: 391

Course: 20.10 km
Sporta distance

Category:
V2-Sporta distance

Total time: 1:40:36

Speed: 11.93 km/h
Running performance: 5.00 min/km

Rank in course/Total: 46 (of 157)

Rank in course/Men: 41 (of 117)

Best time in course: 1:13:37

Rank in category: 25(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	-	13:10	-	36	4:36	74	4:56	-	13:10	-	36	4:36	74	4:56
2	-	17:20	-	30	4:34	57	5:11	-	30:30	-	35	9:06	69	10:05
3	-	4:07	-	27	1:07	50	1:15	-	34:37	-	35	10:13	68	11:20
4	-	11:38	-	20	2:33	37	3:00	-	46:15	-	33	12:46	62	14:18
5	-	6:23	-	18	1:20	33	1:34	-	52:38	-	32	14:06	59	15:52
1	-	10:50	-	21	2:22	38	3:00	-	1:03:28	-	33	16:28	57	18:52
2	-	16:16	-	18	3:05	32	3:56	-	1:19:44	-	28	19:33	48	22:48
3	-	3:39	-	9	0:33	21	0:43	-	1:23:23	-	28	20:06	47	23:31
4	-	10:58	-	13	1:36	25	2:20	-	1:34:21	-	25	21:42	42	25:51
Finish	-	6:15	-	15	1:04	31	1:14	20.10	1:40:36	-	25	22:46	41	26:59