



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Jānis Griķis

Club: Daugavpils Runners
Number: 384

Course: 20.10 km
Sporta distance

Category:
V2-Sporta distance

Total time: 1:54:54

Speed: 10.50 km/h
Running performance: 5.72 min/km

Rank in course/Total: 96 (of 157)

Rank in course/Men: 80 (of 117)

Best time in course: 1:13:37

Rank in category: 42(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	-	14:21	-	46	5:47	91	6:07	-	14:21	-	46	5:47	91	6:07
2	-	19:00	-	43	6:14	86	6:51	-	33:21	-	43	11:57	88	12:56
3	-	4:48	-	45	1:48	92	1:56	-	38:09	-	43	13:45	88	14:52
4	-	13:45	-	44	4:40	88	5:07	-	51:54	-	41	18:25	83	19:57
5	-	7:12	-	36	2:09	75	2:23	-	59:06	-	41	20:34	82	22:20
1	-	12:58	-	44	4:30	84	5:08	-	1:12:04	-	42	25:04	82	27:28
2	-	18:14	-	36	5:03	69	5:54	-	1:30:18	-	42	30:07	80	33:22
3	-	4:27	-	40	1:21	74	1:31	-	1:34:45	-	42	31:28	80	34:53
4	-	12:58	-	37	3:36	74	4:20	-	1:47:43	-	42	35:04	80	39:13
Finish	-	7:11	-	38	2:00	74	2:10	20.10	1:54:54	-	42	37:04	80	41:17