



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ivo Zemturis

Number: 425

Course: 20.10 km
Sporta distance

Category:
V2-Sporta distance

Total time: 1:55:52

Speed: 10.36 km/h
Running performance: 5.76 min/km

Rank in course/Total: 101 (of 157)

Rank in course/Men: 84 (of 117)

Best time in course: 1:13:37

Rank in category: 43(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	-	12:29	-	33	3:55	69	4:15	-	12:29	-	33	3:55	69	4:15
2	-	18:01	-	37	5:15	72	5:52	-	30:30	-	35	9:06	69	10:05
3	-	4:31	-	40	1:31	74	1:39	-	35:01	-	36	10:37	72	11:44
4	-	13:09	-	38	4:04	78	4:31	-	48:10	-	35	14:41	71	16:13
5	-	7:25	-	39	2:22	82	2:36	-	55:35	-	35	17:03	72	18:49
1	-	12:55	-	43	4:27	83	5:05	-	1:08:30	-	38	21:30	75	23:54
2	-	20:15	-	46	7:04	89	7:55	-	1:28:45	-	41	28:34	79	31:49
3	-	4:56	-	48	1:50	94	2:00	-	1:33:41	-	41	30:24	79	33:49
4	-	14:22	-	48	5:00	91	5:44	-	1:48:03	-	43	35:24	81	39:33
Finish	-	7:49	-	46	2:38	91	2:48	20.10	1:55:52	-	43	38:02	84	42:15