



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Kalvis Silgals

Club: NFS

Number: 409

Course: 20.10 km

Sporta distance

Category:

V2-Sporta distance

Total time: 1:58:55

Speed: 10.14 km/h

Running performance: 5.92 min/km

Rank in course/Total: 108 (of 157)

Rank in course/Men: 88 (of 117)

Best time in course: 1:13:37

Rank in category: 45(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	-	14:12	-	44	5:38	88	5:58	-	14:12	-	44	5:38	88	5:58
2	-	19:47	-	47	7:01	99	7:38	-	33:59	-	46	12:35	93	13:34
3	-	4:49	-	47	1:49	94	1:57	-	38:48	-	46	14:24	93	15:31
4	-	13:29	-	42	4:24	83	4:51	-	52:17	-	42	18:48	86	20:20
5	-	7:49	-	44	2:46	92	3:00	-	1:00:06	-	43	21:34	86	23:20
1	-	12:36	-	39	4:08	77	4:46	-	1:12:42	-	45	25:42	88	28:06
2	-	19:55	-	45	6:44	88	7:35	-	1:32:37	-	45	32:26	89	35:41
3	-	4:49	-	46	1:43	90	1:53	-	1:37:26	-	45	34:09	89	37:34
4	-	13:47	-	44	4:25	84	5:09	-	1:51:13	-	45	38:34	88	42:43
Finish	-	7:42	-	44	2:31	86	2:41	20.10	1:58:55	-	45	41:05	88	45:18