



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Edgars Zaķis

Club: VSK Noskrien
Number: 423

Course: 20.10 km
Sporta distance

Category:
V2-Sporta distance

Total time: 2:00:35

Speed: 9.95 km/h
Running performance: 6.00 min/km

Rank in course/Total: 111 (of 157)

Rank in course/Men: 89 (of 117)

Best time in course: 1:13:37

Rank in category: 46(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	-	15:47	-	54	7:13	114	7:33	-	15:47	-	54	7:13	114	7:33
2	-	20:27	-	50	7:41	104	8:18	-	36:14	-	52	14:50	112	15:49
3	-	4:52	-	50	1:52	100	2:00	-	41:06	-	52	16:42	111	17:49
4	-	13:46	-	45	4:41	89	5:08	-	54:52	-	50	21:23	104	22:55
5	-	7:56	-	46	2:53	95	3:07	-	1:02:48	-	49	24:16	102	26:02
1	-	13:27	-	46	4:59	87	5:37	-	1:16:15	-	49	29:15	98	31:39
2	-	19:33	-	44	6:22	85	7:13	-	1:35:48	-	47	35:37	93	38:52
3	-	4:36	-	43	1:30	82	1:40	-	1:40:24	-	47	37:07	93	40:32
4	-	13:11	-	41	3:49	79	4:33	-	1:53:35	-	47	40:56	92	45:05
Finish	-	7:00	-	35	1:49	66	1:59	20.10	2:00:35	-	46	42:45	89	46:58