



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

## Detailed evaluation

**Kaspars Laizāns**

Club: Čika un banijs  
Number: 839

Course: 20.10 km  
Sporta distance

Category:  
V2-Sporta distance

Total time: 2:03:06

Speed: 9.80 km/h  
Running performance: 6.12 min/km

Rank in course/Total: 116 (of 157)

Rank in course/Men: 93 (of 117)

Best time in course: 1:13:37

Rank in category: 48(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	-	14:10	-	43	5:36	87	5:56	-	14:10	-	43	5:36	87	5:56
2	-	20:35	-	51	7:49	105	8:26	-	34:45	-	49	13:21	102	14:20
3	-	4:51	-	49	1:51	97	1:59	-	39:36	-	49	15:12	102	16:19
4	-	13:58	-	46	4:53	93	5:20	-	53:34	-	48	20:05	100	21:37
5	-	8:25	-	50	3:22	109	3:36	-	1:01:59	-	48	23:27	99	25:13
1	-	13:53	-	48	5:25	90	6:03	-	1:15:52	-	48	28:52	97	31:16
2	-	20:27	-	47	7:16	90	8:07	-	1:36:19	-	48	36:08	95	39:23
3	-	4:52	-	47	1:46	91	1:56	-	1:41:11	-	48	37:54	95	41:19
4	-	14:13	-	46	4:51	88	5:35	-	1:55:24	-	48	42:45	95	46:54
Finish	-	7:42	-	44	2:31	86	2:41	20.10	2:03:06	-	48	45:16	93	49:29