



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Raimonds Spricis

Club: Nike+ Run Club Riga
Number: 414

Course: 20.10 km
Sporta distance

Category:
V2-Sporta distance

Total time: 2:28:34

Speed: 8.08 km/h
Running performance: 7.39 min/km

Rank in course/Total: 148 (of 157)

Rank in course/Men: 112 (of 117)

Best time in course: 1:13:37

Rank in category: 53(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	-	14:15	-	45	5:41	89	6:01	-	14:15	-	45	5:41	89	6:01
2	-	19:05	-	44	6:19	88	6:56	-	33:20	-	42	11:56	87	12:55
3	-	4:48	-	45	1:48	92	1:56	-	38:08	-	42	13:44	87	14:51
4	-	15:16	-	52	6:11	111	6:38	-	53:24	-	47	19:55	99	21:27
5	-	8:01	-	48	2:58	99	3:12	-	1:01:25	-	47	22:53	98	24:39
1	-	15:10	-	50	6:42	106	7:20	-	1:16:35	-	50	29:35	100	31:59
2	-	23:50	-	53	10:39	112	11:30	-	1:40:25	-	52	40:14	107	43:29
3	-	8:21	-	55	5:15	116	5:25	-	1:48:46	-	53	45:29	111	48:54
4	-	26:02	-	54	16:40	113	17:24	-	2:14:48	-	53	1:02:09	112	1:06:18
Finish	-	13:46	-	54	8:35	115	8:45	20.10	2:28:34	-	53	1:10:44	112	1:14:57