



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Valdis Bergs

Number: 376

Course: 20.10 km  
Sporta distance

Category:  
V2-Sporta distance

Total time: 2:31:44

Speed: 7.95 km/h

Running performance: 7.55 min/km

Rank in course/Total: 153 (of 157)

Rank in course/Men: 116 (of 117)

Best time in course: 1:13:37

Rank in category: 55(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	-	14:36	-	48	6:02	94	6:22	-	14:36	-	48	6:02	94	6:22
2	-	21:02	-	53	8:16	114	8:53	-	35:38	-	51	14:14	108	15:13
3	-	5:19	-	55	2:19	115	2:27	-	40:57	-	51	16:33	108	17:40
4	-	14:52	-	51	5:47	108	6:14	-	55:49	-	51	22:20	107	23:52
5	-	8:16	-	49	3:13	107	3:27	-	1:04:05	-	52	25:33	110	27:19
1	-	15:11	-	51	6:43	107	7:21	-	1:19:16	-	53	32:16	109	34:40
2	-	23:10	-	52	9:59	111	10:50	-	1:42:26	-	53	42:15	109	45:30
3	-	5:29	-	51	2:23	107	2:33	-	1:47:55	-	52	44:38	108	48:03
4	-	33:51	-	55	24:29	114	25:13	-	2:21:46	-	54	1:09:07	113	1:13:16
Finish	-	9:58	-	53	4:47	112	4:57	20.10	2:31:44	-	55	1:13:54	116	1:18:07