



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ivars Damroze

Club: ASK PATRIA

Number: 174

Course: 10.00 km

Tautas distance

Category:

V2-Tautas distance

Total time: 51:47

Speed: 11.59 km/h

Running performance: 5.18 min/km

Rank in course/Total: 68 (of 256)

Rank in course/Men: 59 (of 140)

Best time in course: 37:16

Rank in category: 25(of 54)

Best time in the category: 37:16

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	-	10:52	-	23	2:57	53	2:57	-	10:52	-	23	2:57	53	2:57
2	-	17:32	-	28	4:43	68	4:50	-	28:24	-	26	7:40	62	7:40
3	-	4:18	-	31	1:06	79	1:10	-	32:42	-	26	8:46	62	8:46
4	-	12:17	-	28	3:29	65	3:29	-	44:59	-	26	12:15	62	12:15
Finish	-	6:48	-	29	2:16	67	2:16	10.00	51:47	-	25	14:31	59	14:31