



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Mārtiņš Podnieks

Number: 203

Course: 10.00 km

Tautas distance

Category:

V2-Tautas distance

Total time: 53:31

Speed: 11.21 km/h

Running performance: 5.35 min/km

Rank in course/Total: 88 (of 256)

Rank in course/Men: 74 (of 140)

Best time in course: 37:16

Rank in category: 31(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	-	11:04	-	25	3:09	58	3:09	-	11:04	-	25	3:09	58	3:09
2	-	18:22	-	32	5:33	83	5:40	-	29:26	-	29	8:42	72	8:42
3	-	4:20	-	33	1:08	81	1:12	-	33:46	-	29	9:50	73	9:50
4	-	12:26	-	29	3:38	68	3:38	-	46:12	-	29	13:28	70	13:28
Finish	-	7:19	-	37	2:47	91	2:47	10.00	53:31	-	31	16:15	74	16:15