



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ilgvars Ribušs

Club: VSK Noskrien
Number: 209

Course: 10.00 km
Tautas distance

Category:
V2-Tautas distance

Total time: 1:05:31

Speed: 9.16 km/h
Running performance: 6.55 min/km

Rank in course/Total: 178 (of 256)

Rank in course/Men: 119 (of 140)

Best time in course: 37:16

Rank in category: 45(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 | - | 15:07 | - | 48 | 7:12 | 122 | 7:12 | - | 15:07 | - | 48 | 7:12 | 122 | 7:12 |
| 2 | - | 21:33 | - | 47 | 8:44 | 122 | 8:51 | - | 36:40 | - | 48 | 15:56 | 122 | 15:56 |
| 3 | - | 5:15 | - | 45 | 2:03 | 118 | 2:07 | - | 41:55 | - | 47 | 17:59 | 121 | 17:59 |
| 4 | - | 15:46 | - | 47 | 6:58 | 122 | 6:58 | - | 57:41 | - | 46 | 24:57 | 118 | 24:57 |
| Finish | - | 7:50 | - | 42 | 3:18 | 105 | 3:18 | 10.00 | 1:05:31 | - | 45 | 28:15 | 119 | 28:15 |