



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