



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Einārs Šillers

Club: MRC/Maratona klubs/OKZK  
Number: 452

Course: 20.10 km  
Sporta distance

Category:  
V3-Sporta distance

Total time: 1:33:38

Speed: 12.88 km/h  
Running performance: 4.66 min/km

Rank in course/Total: 26 (of 157)

Rank in course/Men: 26 (of 117)

Best time in course: 1:13:37

Rank in category: 1(of 31)

Best time in the category: 1:33:38

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	-	10:02	-	2	0:11	25	1:48	-	10:02	-	2	0:11	25	1:48
2	-	15:27	-	2	0:14	28	3:18	-	25:29	-	2	0:25	26	5:04
3	-	3:45	-	2	0:05	28	0:53	-	29:14	-	2	0:30	26	5:57
4	-	10:46	-	1	-	22	2:08	-	40:00	-	1	-	21	8:03
5	-	6:10	-	1	-	24	1:21	-	46:10	-	1	-	22	9:24
1	-	10:19	-	1	-	27	2:29	-	56:29	-	1	-	24	11:53
2	-	15:57	-	1	-	26	3:37	-	1:12:26	-	1	-	24	15:30
3	-	3:50	-	3	0:08	32	0:54	-	1:16:16	-	1	-	25	16:24
4	-	11:16	-	3	0:10	31	2:38	-	1:27:32	-	1	-	27	19:02
Finish	-	6:06	-	2	0:01	26	1:05	20.10	1:33:38	-	1	-	26	20:01