



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Aivars Bondars

Number: 811

Course: 20.10 km  
Sporta distance

Category:  
V3-Sporta distance

Total time: 1:34:39

Speed: 12.74 km/h  
Running performance: 4.71 min/km

Rank in course/Total: 30 (of 157)

Rank in course/Men: 29 (of 117)

Best time in course: 1:13:37

Rank in category: 2(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	-	9:51	-	1	-	22	1:37	-	9:51	-	1	-	22	1:37
2	-	15:13	-	1	-	23	3:04	-	25:04	-	1	-	22	4:39
3	-	3:40	-	1	-	25	0:48	-	28:44	-	1	-	22	5:27
4	-	12:09	-	7	1:23	56	3:31	-	40:53	-	2	0:53	29	8:56
5	-	6:16	-	2	0:06	29	1:27	-	47:09	-	2	0:59	30	10:23
1	-	10:24	-	2	0:05	31	2:34	-	57:33	-	2	1:04	29	12:57
2	-	16:01	-	2	0:04	27	3:41	-	1:13:34	-	2	1:08	29	16:38
3	-	3:47	-	2	0:05	29	0:51	-	1:17:21	-	2	1:05	29	17:29
4	-	11:13	-	2	0:07	29	2:35	-	1:28:34	-	2	1:02	29	20:04
Finish	-	6:05	-	1	-	25	1:04	20.10	1:34:39	-	2	1:01	29	21:02