



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Mārtiņš Miķelsons

Club: www.lmp.lv/VSK Noskrien  
Number: 446

Course: 20.10 km  
Sporta distance

Category:  
V3-Sporta distance

Total time: 1:39:18

Speed: 12.08 km/h  
Running performance: 4.94 min/km

Rank in course/Total: 41 (of 157)

Rank in course/Men: 36 (of 117)

Best time in course: 1:13:37

Rank in category: 3(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	-	12:09	-	9	2:18	60	3:55	-	12:09	-	9	2:18	60	3:55
2	-	16:41	-	4	1:28	46	4:32	-	28:50	-	5	3:46	53	8:25
3	-	3:59	-	4	0:19	41	1:07	-	32:49	-	5	4:05	51	9:32
4	-	11:49	-	4	1:03	44	3:11	-	44:38	-	5	4:38	50	12:41
5	-	6:37	-	4	0:27	46	1:48	-	51:15	-	5	5:05	49	14:29
1	-	10:41	-	3	0:22	34	2:51	-	1:01:56	-	4	5:27	46	17:20
2	-	16:28	-	3	0:31	35	4:08	-	1:18:24	-	3	5:58	41	21:28
3	-	3:42	-	1	-	25	0:46	-	1:22:06	-	3	5:50	39	22:14
4	-	11:06	-	1	-	27	2:28	-	1:33:12	-	3	5:40	38	24:42
Finish	-	6:06	-	2	0:01	26	1:05	20.10	1:39:18	-	3	5:40	36	25:41