



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Jānis Vītols

Club: VSK Noskrien Seniori
Number: 456

Course: 20.10 km
Sporta distance

Category:
V3-Sporta distance

Total time: 1:42:03

Speed: 11.82 km/h
Running performance: 5.08 min/km

Rank in course/Total: 52 (of 157)

Rank in course/Men: 46 (of 117)

Best time in course: 1:13:37

Rank in category: 4(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	-	11:16	-	5	1:25	46	3:02	-	11:16	-	5	1:25	46	3:02
2	-	16:46	-	5	1:33	47	4:37	-	28:02	-	4	2:58	44	7:37
3	-	4:00	-	5	0:20	43	1:08	-	32:02	-	4	3:18	46	8:45
4	-	11:37	-	2	0:51	36	2:59	-	43:39	-	3	3:39	43	11:42
5	-	6:41	-	5	0:31	50	1:52	-	50:20	-	3	4:10	43	13:34
1	-	11:05	-	5	0:46	42	3:15	-	1:01:25	-	3	4:56	44	16:49
2	-	17:38	-	6	1:41	53	5:18	-	1:19:03	-	4	6:37	46	22:07
3	-	4:07	-	4	0:25	49	1:11	-	1:23:10	-	4	6:54	46	23:18
4	-	12:00	-	6	0:54	47	3:22	-	1:35:10	-	4	7:38	45	26:40
Finish	-	6:53	-	9	0:48	58	1:52	20.10	1:42:03	-	4	8:25	46	28:26