



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Edgars Goba

Club: Salaspils Zīriņi
Number: 436

Course: 20.10 km
Sporta distance

Category:
V3-Sporta distance

Total time: 1:42:26

Speed: 11.71 km/h
Running performance: 5.10 min/km

Rank in course/Total: 54 (of 157)

Rank in course/Men: 48 (of 117)

Best time in course: 1:13:37

Rank in category: 5(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	-	13:35	-	19	3:44	82	5:21	-	13:35	-	19	3:44	82	5:21
2	-	16:54	-	7	1:41	50	4:45	-	30:29	-	14	5:25	68	10:04
3	-	4:07	-	7	0:27	50	1:15	-	34:36	-	13	5:52	67	11:19
4	-	11:38	-	3	0:52	37	3:00	-	46:14	-	10	6:14	61	14:17
5	-	6:23	-	3	0:13	33	1:34	-	52:37	-	8	6:27	58	15:51
1	-	10:50	-	4	0:31	38	3:00	-	1:03:27	-	6	6:58	56	18:51
2	-	16:41	-	4	0:44	37	4:21	-	1:20:08	-	5	7:42	51	23:12
3	-	4:09	-	6	0:27	52	1:13	-	1:24:17	-	5	8:01	50	24:25
4	-	11:55	-	4	0:49	40	3:17	-	1:36:12	-	5	8:40	49	27:42
Finish	-	6:14	-	4	0:09	29	1:13	20.10	1:42:26	-	5	8:48	48	28:49