



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Armands Lunts

Club: VSK Noskrien
Number: 444

Course: 20.10 km
Sporta distance

Category:
V3-Sporta distance

Total time: 1:44:25

Speed: 11.49 km/h
Running performance: 5.19 min/km

Rank in course/Total: 58 (of 157)

Rank in course/Men: 52 (of 117)

Best time in course: 1:13:37

Rank in category: 6(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	-	11:13	-	4	1:22	44	2:59	-	11:13	-	4	1:22	44	2:59
2	-	16:48	-	6	1:35	48	4:39	-	28:01	-	3	2:57	43	7:36
3	-	3:57	-	3	0:17	38	1:05	-	31:58	-	3	3:14	44	8:41
4	-	12:05	-	6	1:19	54	3:27	-	44:03	-	4	4:03	44	12:06
5	-	7:07	-	13	0:57	68	2:18	-	51:10	-	4	5:00	46	14:24
1	-	12:13	-	13	1:54	71	4:23	-	1:03:23	-	5	6:54	55	18:47
2	-	17:20	-	5	1:23	46	5:00	-	1:20:43	-	6	8:17	53	23:47
3	-	4:14	-	10	0:32	61	1:18	-	1:24:57	-	6	8:41	53	25:05
4	-	12:27	-	10	1:21	64	3:49	-	1:37:24	-	6	9:52	52	28:54
Finish	-	7:01	-	11	0:56	67	2:00	20.10	1:44:25	-	6	10:47	52	30:48