



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ģirts Vēsma

Club: ZemgalesZiņas
Number: 454

Course: 20.10 km
Sporta distance

Category:
V3-Sporta distance

Total time: 1:45:24

Speed: 11.44 km/h
Running performance: 5.24 min/km

Rank in course/Total: 64 (of 157)

Rank in course/Men: 57 (of 117)

Best time in course: 1:13:37

Rank in category: 7(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	-	11:12	-	3	1:21	43	2:58	-	11:12	-	3	1:21	43	2:58
2	-	17:38	-	11	2:25	66	5:29	-	28:50	-	5	3:46	53	8:25
3	-	4:06	-	6	0:26	48	1:14	-	32:56	-	6	4:12	54	9:39
4	-	12:26	-	12	1:40	65	3:48	-	45:22	-	6	5:22	54	13:25
5	-	6:54	-	9	0:44	58	2:05	-	52:16	-	7	6:06	57	15:30
1	-	11:41	-	11	1:22	60	3:51	-	1:03:57	-	8	7:28	59	19:21
2	-	18:01	-	13	2:04	65	5:41	-	1:21:58	-	8	9:32	59	25:02
3	-	4:13	-	9	0:31	60	1:17	-	1:26:11	-	8	9:55	59	26:19
4	-	12:27	-	10	1:21	64	3:49	-	1:38:38	-	8	11:06	59	30:08
Finish	-	6:46	-	7	0:41	52	1:45	20.10	1:45:24	-	7	11:46	57	31:47