



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Arnis Mūrnieks

Number: 447

Course: 20.10 km
Sporta distance

Category:
V3-Sporta distance

Total time: 1:45:27

Speed: 11.38 km/h
Running performance: 5.25 min/km

Rank in course/Total: 65 (of 157)

Rank in course/Men: 58 (of 117)

Best time in course: 1:13:37

Rank in category: 8(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	-	12:16	-	11	2:25	62	4:02	-	12:16	-	11	2:25	62	4:02
2	-	16:35	-	3	1:22	41	4:26	-	28:51	-	7	3:47	55	8:26
3	-	4:35	-	15	0:55	78	1:43	-	33:26	-	7	4:42	55	10:09
4	-	11:57	-	5	1:11	52	3:19	-	45:23	-	7	5:23	55	13:26
5	-	6:52	-	8	0:42	57	2:03	-	52:15	-	6	6:05	56	15:29
1	-	11:26	-	6	1:07	50	3:36	-	1:03:41	-	7	7:12	58	19:05
2	-	17:55	-	10	1:58	61	5:35	-	1:21:36	-	7	9:10	58	24:40
3	-	4:17	-	12	0:35	65	1:21	-	1:25:53	-	7	9:37	58	26:01
4	-	12:25	-	9	1:19	63	3:47	-	1:38:18	-	7	10:46	57	29:48
Finish	-	7:09	-	14	1:04	73	2:08	20.10	1:45:27	-	8	11:49	58	31:50