



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Mārtiņš Vilemsons

Club: VSK Noskrien Seniori
Number: 455

Course: 20.10 km
Sporta distance

Category:
V3-Sporta distance

Total time: 1:45:37

Speed: 11.42 km/h
Running performance: 5.25 min/km

Rank in course/Total: 67 (of 157)

Rank in course/Men: 60 (of 117)

Best time in course: 1:13:37

Rank in category: 9(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	-	11:28	-	6	1:37	48	3:14	-	11:28	-	6	1:37	48	3:14
2	-	18:01	-	14	2:48	72	5:52	-	29:29	-	9	4:25	60	9:04
3	-	4:27	-	11	0:47	67	1:35	-	33:56	-	9	5:12	62	10:39
4	-	12:13	-	8	1:27	57	3:35	-	46:09	-	9	6:09	60	14:12
5	-	6:46	-	7	0:36	55	1:57	-	52:55	-	9	6:45	60	16:09
1	-	11:38	-	9	1:19	58	3:48	-	1:04:33	-	9	8:04	61	19:57
2	-	17:58	-	11	2:01	62	5:38	-	1:22:31	-	9	10:05	62	25:35
3	-	4:11	-	7	0:29	54	1:15	-	1:26:42	-	9	10:26	62	26:50
4	-	12:29	-	12	1:23	66	3:51	-	1:39:11	-	10	11:39	63	30:41
Finish	-	6:26	-	5	0:21	40	1:25	20.10	1:45:37	-	9	11:59	60	32:00