



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Arnis Ābelīte

Club: Virsotne/Marmot
Number: 428

Course: 20.10 km
Sporta distance

Category:
V3-Sporta distance

Total time: 1:46:18

Speed: 11.35 km/h
Running performance: 5.29 min/km

Rank in course/Total: 70 (of 157)

Rank in course/Men: 62 (of 117)

Best time in course: 1:13:37

Rank in category: 11(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	-	12:14	-	10	2:23	61	4:00	-	12:14	-	10	2:23	61	4:00	
2	-	17:51	-	12	2:38	69	5:42	-	30:05	-	12	5:01	66	9:40	
3	-	4:27	-	11	0:47	67	1:35	-	34:32	-	12	5:48	66	11:15	
4	-	12:36	-	13	1:50	66	3:58	-	47:08	-	13	7:08	67	15:11	
5	-	7:02	-	11	0:52	63	2:13	-	54:10	-	12	8:00	66	17:24	
1	-	11:38	-	9	1:19	58	3:48	-	1:05:48	-	12	9:19	67	21:12	
2	-	17:50	-	7	1:53	57	5:30	-	1:23:38	-	11	11:12	65	26:42	
3	-	4:07	-	4	0:25	49	1:11	-	1:27:45	-	11	11:29	64	27:53	
4	-	11:55	-	4	0:49	40	3:17	-	1:39:40	-	11	12:08	64	31:10	
Finish	-	6:38	-	6	0:33	49	1:37	20.10	1:46:18	-	11	12:40	62	32:41	