



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Andris Pommers

Number: 449

Course: 20.10 km  
Sporta distance

Category:  
V3-Sporta distance

Total time: 1:49:54

Speed: 10.97 km/h  
Running performance: 5.47 min/km

Rank in course/Total: 81 (of 157)

Rank in course/Men: 71 (of 117)

Best time in course: 1:13:37

Rank in category: 13(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	-	14:18	-	20	4:27	90	6:04	-	14:18	-	20	4:27	90	6:04
2	-	18:19	-	16	3:06	77	6:10	-	32:37	-	18	7:33	82	12:12
3	-	4:44	-	19	1:04	85	1:52	-	37:21	-	18	8:37	82	14:04
4	-	12:23	-	10	1:37	62	3:45	-	49:44	-	17	9:44	80	17:47
5	-	6:59	-	10	0:49	62	2:10	-	56:43	-	17	10:33	77	19:57
1	-	12:12	-	12	1:53	70	4:22	-	1:08:55	-	15	12:26	76	24:19
2	-	17:52	-	8	1:55	58	5:32	-	1:26:47	-	15	14:21	75	29:51
3	-	4:14	-	10	0:32	61	1:18	-	1:31:01	-	15	14:45	75	31:09
4	-	12:07	-	7	1:01	50	3:29	-	1:43:08	-	14	15:36	72	34:38
Finish	-	6:46	-	7	0:41	52	1:45	20.10	1:49:54	-	13	16:16	71	36:17