



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

**Arnīs Grasis**

Club: Auseklis IK  
Number: 437

Course: 20.10 km  
Sporta distance

Category:  
V3-Sporta distance

Total time: 1:50:14

Speed: 10.94 km/h  
Running performance: 5.48 min/km

Rank in course/Total: 82 (of 157)

Rank in course/Men: 72 (of 117)

Best time in course: 1:13:37

Rank in category: 14(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	-	11:47	-	7	1:56	52	3:33	-	11:47	-	7	1:56	52	3:33	
2	-	17:35	-	10	2:22	65	5:26	-	29:22	-	8	4:18	59	8:57	
3	-	4:14	-	8	0:34	57	1:22	-	33:36	-	8	4:52	58	10:19	
4	-	12:25	-	11	1:39	64	3:47	-	46:01	-	8	6:01	58	14:04	
5	-	7:08	-	14	0:58	69	2:19	-	53:09	-	10	6:59	62	16:23	
1	-	12:20	-	14	2:01	74	4:30	-	1:05:29	-	11	9:00	65	20:53	
2	-	19:19	-	16	3:22	81	6:59	-	1:24:48	-	13	12:22	70	27:52	
3	-	4:32	-	15	0:50	80	1:36	-	1:29:20	-	13	13:04	70	29:28	
4	-	13:26	-	15	2:20	80	4:48	-	1:42:46	-	13	15:14	70	34:16	
Finish	-	7:28	-	16	1:23	80	2:27	20.10	1:50:14	-	14	16:36	72	36:37	