



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Deniss Cimbals

Club: Zoorbagan  
Number: 432

Course: 20.10 km  
Sporta distance

Category:  
V3-Sporta distance

Total time: 1:55:41

Speed: 10.43 km/h  
Running performance: 5.76 min/km

Rank in course/Total: 100 (of 157)

Rank in course/Men: 83 (of 117)

Best time in course: 1:13:37

Rank in category: 16(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	-	14:50	-	25	4:59	101	6:36	-	14:50	-	25	4:59	101	6:36
2	-	19:25	-	20	4:12	91	7:16	-	34:15	-	23	9:11	97	13:50
3	-	4:43	-	18	1:03	83	1:51	-	38:58	-	23	10:14	96	15:41
4	-	13:46	-	18	3:00	89	5:08	-	52:44	-	21	12:44	92	20:47
5	-	7:34	-	18	1:24	86	2:45	-	1:00:18	-	19	14:08	89	23:32
1	-	12:28	-	15	2:09	76	4:38	-	1:12:46	-	19	16:17	89	28:10
2	-	18:30	-	15	2:33	74	6:10	-	1:31:16	-	16	18:50	85	34:20
3	-	4:27	-	14	0:45	74	1:31	-	1:35:43	-	16	19:27	85	35:51
4	-	12:54	-	14	1:48	73	4:16	-	1:48:37	-	16	21:05	85	40:07
Finish	-	7:04	-	12	0:59	69	2:03	20.10	1:55:41	-	16	22:03	83	42:04