



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Lauris Lizbovskis

Club: Brīva vieta jūsu reklāmai
Number: 443

Course: 20.10 km
Sporta distance

Category:
V3-Sporta distance

Total time: 2:04:52

Speed: 9.66 km/h
Running performance: 6.21 min/km

Rank in course/Total: 121 (of 157)

Rank in course/Men: 97 (of 117)

Best time in course: 1:13:37

Rank in category: 21(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	-	13:11	-	17	3:20	75	4:57	-	13:11	-	17	3:20	75	4:57
2	-	19:38	-	22	4:25	96	7:29	-	32:49	-	19	7:45	84	12:24
3	-	4:55	-	23	1:15	102	2:03	-	37:44	-	19	9:00	84	14:27
4	-	14:52	-	28	4:06	108	6:14	-	52:36	-	20	12:36	91	20:39
5	-	8:13	-	27	2:03	106	3:24	-	1:00:49	-	21	14:39	95	24:03
1	-	15:28	-	27	5:09	109	7:38	-	1:16:17	-	22	19:48	99	31:41
2	-	21:15	-	22	5:18	98	8:55	-	1:37:32	-	22	25:06	98	40:36
3	-	5:03	-	21	1:21	98	2:07	-	1:42:35	-	22	26:19	98	42:43
4	-	14:32	-	19	3:26	94	5:54	-	1:57:07	-	22	29:35	98	48:37
Finish	-	7:45	-	19	1:40	89	2:44	20.10	2:04:52	-	21	31:14	97	51:15