



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Uldis Galdiņš

Club: LabaDaba

Number: 433

Course: 20.10 km

Sporta distance

Category:

V3-Sporta distance

Total time: 2:07:54

Speed: 9.38 km/h

Running performance: 6.36 min/km

Rank in course/Total: 127 (of 157)

Rank in course/Men: 102 (of 117)

Best time in course: 1:13:37

Rank in category: 24(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	-	15:22	-	30	5:31	112	7:08	-	15:22	-	30	5:31	112	7:08
2	-	20:40	-	25	5:27	107	8:31	-	36:02	-	30	10:58	111	15:37
3	-	5:05	-	25	1:25	108	2:13	-	41:07	-	30	12:23	112	17:50
4	-	14:46	-	24	4:00	104	6:08	-	55:53	-	30	15:53	111	23:56
5	-	8:08	-	24	1:58	102	3:19	-	1:04:01	-	28	17:51	109	27:15
1	-	14:17	-	20	3:58	95	6:27	-	1:18:18	-	26	21:49	108	33:42
2	-	21:11	-	21	5:14	97	8:51	-	1:39:29	-	25	27:03	104	42:33
3	-	5:01	-	20	1:19	96	2:05	-	1:44:30	-	25	28:14	104	44:38
4	-	15:07	-	21	4:01	98	6:29	-	1:59:37	-	24	32:05	102	51:07
Finish	-	8:17	-	21	2:12	95	3:16	20.10	2:07:54	-	24	34:16	102	54:17