



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ainars Zēbergs

Club: VSK Noskrien Liepāja
Number: 457

Course: 20.10 km
Sporta distance

Category:
V3-Sporta distance

Total time: 2:22:16

Speed: 8.43 km/h
Running performance: 7.08 min/km

Rank in course/Total: 145 (of 157)

Rank in course/Men: 110 (of 117)

Best time in course: 1:13:37

Rank in category: 28(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 | - | 14:31 | - | 21 | 4:40 | 93 | 6:17 | - | 14:31 | - | 21 | 4:40 | 93 | 6:17 |
| 2 | - | 20:57 | - | 30 | 5:44 | 112 | 8:48 | - | 35:28 | - | 25 | 10:24 | 105 | 15:03 |
| 3 | - | 5:20 | - | 30 | 1:40 | 116 | 2:28 | - | 40:48 | - | 26 | 12:04 | 106 | 17:31 |
| 4 | - | 15:04 | - | 29 | 4:18 | 110 | 6:26 | - | 55:52 | - | 28 | 15:52 | 109 | 23:55 |
| 5 | - | 8:46 | - | 29 | 2:36 | 111 | 3:57 | - | 1:04:38 | - | 29 | 18:28 | 112 | 27:52 |
| 1 | - | 16:48 | - | 30 | 6:29 | 113 | 8:58 | - | 1:21:26 | - | 29 | 24:57 | 113 | 36:50 |
| 2 | - | 26:03 | - | 30 | 10:06 | 114 | 13:43 | - | 1:47:29 | - | 29 | 35:03 | 114 | 50:33 |
| 3 | - | 6:15 | - | 30 | 2:33 | 113 | 3:19 | - | 1:53:44 | - | 29 | 37:28 | 114 | 53:52 |
| 4 | - | 18:33 | - | 28 | 7:27 | 110 | 9:55 | - | 2:12:17 | - | 28 | 44:45 | 111 | 1:03:47 |
| Finish | - | 9:59 | - | 30 | 3:54 | 113 | 4:58 | 20.10 | 2:22:16 | - | 28 | 48:38 | 110 | 1:08:39 |