



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Arnis Grišans

Number: 233

Course: 10.00 km

Tautas distance

Category:

V3-Tautas distance

Total time: 51:15

Speed: 11.71 km/h

Running performance: 5.13 min/km

Rank in course/Total: 65 (of 256)

Rank in course/Men: 56 (of 140)

Best time in course: 37:16

Rank in category: 7(of 32)

Best time in the category: 46:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men	
1	-	11:39	-	10	2:08	73	3:44	-	11:39	-	10	2:08	73	3:44
2	-	17:07	-	7	1:32	57	4:25	-	28:46	-	8	3:18	64	8:02
3	-	4:00	-	6	0:17	56	0:52	-	32:46	-	8	3:35	64	8:50
4	-	12:02	-	7	1:06	56	3:14	-	44:48	-	7	4:33	57	12:04
Finish	-	6:27	-	8	0:25	53	1:55	10.00	51:15	-	7	4:51	56	13:59