



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

### Detailed evaluation

**Ilmars Knipšis**

Club: Lejasurgas  
Number: 440

Course: 10.00 km  
Tautas distance

Category:  
V3-Tautas distance

Total time: 53:23

Speed: 11.24 km/h  
Running performance: 5.34 min/km

Rank in course/Total: 87 (of 256)

Rank in course/Men: 73 (of 140)

Best time in course: 37:16

Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
1	-	12:07	-	12	2:36	82	4:12	-	12:07	-	12	2:36	82	4:12
2	-	17:55	-	15	2:20	78	5:13	-	30:02	-	12	4:34	76	9:18
3	-	4:07	-	10	0:24	63	0:59	-	34:09	-	12	4:58	76	10:13
4	-	12:12	-	11	1:16	63	3:24	-	46:21	-	12	6:06	73	13:37
Finish	-	7:02	-	14	1:00	82	2:30	10.00	53:23	-	12	6:59	73	16:07