



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Aleksandrs Antonovs

Number: 224

Course: 10.00 km

Tautas distance

Category:

V3-Tautas distance

Total time: 54:00

Speed: 11.11 km/h

Running performance: 5.40 min/km

Rank in course/Total: 92 (of 256)

Rank in course/Men: 76 (of 140)

Best time in course: 37:16

Rank in category: 13(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	-	13:06	-	19	3:35	100	5:11	-	13:06	-	19	3:35	100	5:11
2	-	17:23	-	9	1:48	63	4:41	-	30:29	-	14	5:01	81	9:45
3	-	4:26	-	17	0:43	89	1:18	-	34:55	-	14	5:44	81	10:59
4	-	12:07	-	9	1:11	58	3:19	-	47:02	-	13	6:47	76	14:18
Finish	-	6:58	-	12	0:56	79	2:26	10.00	54:00	-	13	7:36	76	16:44