



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Juris Poļakovs

Club: SPORTLAND

Number: 245

Course: 10.00 km

Tautas distance

Category:

V3-Tautas distance

Total time: 56:40

Speed: 10.59 km/h

Running performance: 5.67 min/km

Rank in course/Total: 113 (of 256)

Rank in course/Men: 91 (of 140)

Best time in course: 37:16

Rank in category: 17(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
1	-	14:55	-	28	5:24	121	7:00	-	14:55	-	28	5:24	121	7:00
2	-	17:46	-	13	2:11	76	5:04	-	32:41	-	20	7:13	101	11:57
3	-	4:17	-	13	0:34	78	1:09	-	36:58	-	19	7:47	100	13:02
4	-	13:14	-	17	2:18	90	4:26	-	50:12	-	18	9:57	95	17:28
Finish	-	6:28	-	9	0:26	55	1:56	10.00	56:40	-	17	10:16	91	19:24