



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ansis Gornavs

Club: sk Sigulda
Number: 232

Course: 10.00 km
Tautas distance

Category:
V3-Tautas distance

Total time: 1:02:31

Speed: 9.60 km/h
Running performance: 6.25 min/km

Rank in course/Total: 160 (of 256)

Rank in course/Men: 113 (of 140)

Best time in course: 37:16

Rank in category: 26(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	-	14:43	-	27	5:12	118	6:48	-	14:43	-	27	5:12	118	6:48
2	-	20:42	-	27	5:07	115	8:00	-	35:25	-	27	9:57	117	14:41
3	-	5:12	-	26	1:29	115	2:04	-	40:37	-	27	11:26	118	16:41
4	-	14:22	-	26	3:26	108	5:34	-	54:59	-	26	14:44	111	22:15
Finish	-	7:32	-	20	1:30	97	3:00	10.00	1:02:31	-	26	16:07	113	25:15