



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Normunds Vilūns

Club: VSK Noskrien seniori
Number: 250

Course: 10.00 km
Tautas distance

Category:
V3-Tautas distance

Total time: 1:12:54

Speed: 8.23 km/h
Running performance: 7.29 min/km

Rank in course/Total: 226 (of 256)

Rank in course/Men: 135 (of 140)

Best time in course: 37:16

Rank in category: 32(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	-	15:10	-	29	5:39	123	7:15	-	15:10	-	29	5:39	123	7:15
2	-	23:59	-	32	8:24	134	11:17	-	39:09	-	32	13:41	130	18:25
3	-	5:54	-	32	2:11	134	2:46	-	45:03	-	32	15:52	131	21:07
4	-	18:06	-	32	7:10	131	9:18	-	1:03:09	-	32	22:54	130	30:25
Finish	-	9:45	-	32	3:43	132	5:13	10.00	1:12:54	-	32	26:30	135	35:38