



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Dzintars Laganovskis

Club: AD FITNESS

Number: 531

Course: 20.10 km

Nužošanas pargajiens-2apli

Category:

V-Nužošanas pargajiens-2apli

Total time: 2:47:59

Speed: 7.18 km/h

Running performance: 8.36 min/km

Rank in course/Total: 9 (of 13)

Rank in course/Men: 5 (of 6)

Best time in course: 2:33:21

Rank in category: 5(of 6)

Best time in the category: 2:33:21

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	-	18:03	-	5	0:46	5	0:46	-	18:03	-	5	0:46	5	0:46
2	-	26:31	-	5	1:11	5	1:11	-	44:34	-	5	1:54	5	1:54
3	-	6:31	-	5	0:28	5	0:28	-	51:05	-	5	2:20	5	2:20
4	-	19:36	-	6	2:06	6	2:06	-	1:10:41	-	5	4:00	5	4:00
5	-	11:08	-	5	0:57	5	0:57	-	1:21:49	-	5	4:57	5	4:57
1	-	18:39	-	4	2:28	4	2:28	-	1:40:28	-	5	7:25	5	7:25
2	-	28:42	-	5	3:27	5	3:27	-	2:09:10	-	5	10:52	5	10:52
3	-	6:49	-	5	0:56	5	0:56	-	2:15:59	-	5	11:48	5	11:48
4	-	20:09	-	5	2:01	5	2:01	-	2:36:08	-	5	13:49	5	13:49
Finish	-	11:51	-	5	0:49	5	0:49	20.10	2:47:59	-	5	14:38	5	14:38