



Detailed evaluation

LAMONT, Keith

Total time: 27:46.54

Number: 90

SES 100

Rank in course: 126 (of 257)

Best time in course: 22:41.74

Category:

Rank in category: 8(of 28)

MEN MASTER 45+

Best time in the category: 25:00.78

Intermediate times				Stage score		Total ranking				
Control	Split Time	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total Time	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Stage 1	6:43.79	7	0:44.16	128	1:20.44	6:43.79	7	0:44.16	128	1:20.44
Stage 2	7:07.70	7	0:27.00	123	0:55.87	13:51.49	8	1:11.16	122	2:11.66
Stage 3	3:10.78	7	0:18.91	127	0:36.95	17:02.27	7	1:30.07	124	2:48.61
Stage 4	4:03.85	9	0:36.18	140	0:59.00	21:06.12	8	2:06.25	128	3:42.51
Stage 5	6:40.42	8	0:39.51	129	1:22.29	27:46.54	8	2:45.76	126	5:04.80