



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ilze Čunka

Club: Vichy
Number: 48

Course: 10.00 km
Tautas distance

Category:
S2-Tautas distance

Total time: 1:11:37

Speed: 8.38 km/h
Running performance: 7.16 min/km

Rank in course/Total: 215 (of 256)

Rank in course/Women: 86 (of 116)

Best time in course: 42:28

Rank in category: 35(of 45)

Best time in the category: 47:10

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
1	-	17:53	-	36	7:42	100	9:06	-	17:53	-	36	7:42	100	9:06
2	-	22:59	-	35	6:47	87	8:31	-	40:52	-	34	14:29	89	17:37
3	-	5:43	-	36	1:55	89	2:10	-	46:35	-	34	16:24	89	19:47
4	-	16:02	-	28	5:11	76	5:51	-	1:02:37	-	33	21:35	85	25:38
Finish	-	9:00	-	31	2:53	81	3:31	10.00	1:11:37	-	35	24:27	86	29:09