



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Gunta Ikauniece

Club: JS DREAM TEAM
Number: 306

Course: 20.10 km
Sporta distance

Category:
S1-Sporta distance

Total time: 2:08:13

Speed: 9.41 km/h
Running performance: 6.38 min/km

Rank in course/Total: 128 (of 157)

Rank in course/Women: 26 (of 40)

Best time in course: 1:33:59

Rank in category: 11(of 14)

Best time in the category: 1:34:41

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	-	14:41	-	11	4:37	27	4:37	-	14:41	-	11	4:37	27	4:37
2	-	20:04	-	10	4:28	24	4:40	-	34:45	-	10	9:05	25	9:05
3	-	5:16	-	13	1:30	35	1:45	-	40:01	-	11	10:35	26	10:47
4	-	14:31	-	11	3:30	26	3:42	-	54:32	-	11	14:05	26	14:29
5	-	7:50	-	9	1:42	22	1:42	-	1:02:22	-	11	15:47	24	16:07
1	-	14:01	-	11	3:55	25	3:55	-	1:16:23	-	11	19:42	24	19:53
2	-	21:23	-	11	5:08	25	5:29	-	1:37:46	-	11	24:50	24	25:22
3	-	5:25	-	13	1:42	30	1:43	-	1:43:11	-	11	26:25	24	27:05
4	-	16:05	-	13	4:50	32	4:50	-	1:59:16	-	11	31:00	25	31:53
Finish	-	8:57	-	12	2:44	31	2:44	20.10	2:08:13	-	11	33:32	26	34:14