



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Inga Kāpiņa

Club: VSK Noskrien Vāveres  
Number: 336

Course: 20.10 km  
Sporta distance

Category:  
S3-Sporta distance

Total time: 1:53:43

Speed: 10.61 km/h  
Running performance: 5.66 min/km

Rank in course/Total: 92 (of 157)  
Rank in course/Women: 14 (of 40)  
Best time in course: 1:33:59

Rank in category: 4(of 9)  
Best time in the category: 1:48:15

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	-	12:01	-	3	1:10	12	1:57	-	12:01	-	3	1:10	12	1:57
2	-	18:04	-	3	1:31	12	2:40	-	30:05	-	3	2:41	11	4:25
3	-	4:19	-	2	0:09	9	0:48	-	34:24	-	3	2:50	11	5:10
4	-	13:01	-	3	0:57	12	2:12	-	47:25	-	3	3:47	11	7:22
5	-	7:30	-	5	0:34	17	1:22	-	54:55	-	2	1:46	10	8:40
1	-	12:44	-	5	0:34	18	2:38	-	1:07:39	-	2	2:00	10	11:09
2	-	19:49	-	5	1:36	18	3:55	-	1:27:28	-	2	3:36	11	15:04
3	-	4:44	-	4	0:09	15	1:02	-	1:32:12	-	2	3:45	11	16:06
4	-	14:00	-	4	1:04	16	2:45	-	1:46:12	-	3	4:49	14	18:49
Finish	-	7:31	-	3	0:29	13	1:18	20.10	1:53:43	-	4	5:28	14	19:44