



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Natālija Joničenko

Club: Talsu Pauguraines Zaķi
Number: 335

Course: 20.10 km
Sporta distance

Category:
S3-Sporta distance

Total time: 1:54:26

Speed: 10.49 km/h
Running performance: 5.69 min/km

Rank in course/Total: 95 (of 157)

Rank in course/Women: 16 (of 40)

Best time in course: 1:33:59

Rank in category: 5(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	-	12:51	-	4	2:00	16	2:47	-	12:51	-	4	2:00	16	2:47
2	-	18:51	-	6	2:18	20	3:27	-	31:42	-	6	4:18	20	6:02
3	-	4:28	-	4	0:18	13	0:57	-	36:10	-	6	4:36	20	6:56
4	-	13:06	-	4	1:02	14	2:17	-	49:16	-	5	5:38	18	9:13
5	-	7:27	-	4	0:31	14	1:19	-	56:43	-	5	3:34	18	10:28
1	-	12:30	-	2	0:20	13	2:24	-	1:09:13	-	4	3:34	18	12:43
2	-	19:19	-	3	1:06	13	3:25	-	1:28:32	-	4	4:40	15	16:08
3	-	4:41	-	3	0:06	12	0:59	-	1:33:13	-	4	4:46	15	17:07
4	-	13:35	-	3	0:39	14	2:20	-	1:46:48	-	4	5:25	15	19:25
Finish	-	7:38	-	5	0:36	16	1:25	20.10	1:54:26	-	5	6:11	16	20:27