



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Egita Uzule

Club: Saldus boksa klubs
Number: 341

Course: 20.10 km
Sporta distance

Category:
S3-Sporta distance

Total time: 1:56:55

Speed: 10.32 km/h
Running performance: 5.82 min/km

Rank in course/Total: 103 (of 157)

Rank in course/Women: 18 (of 40)

Best time in course: 1:33:59

Rank in category: 6(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	-	12:55	-	5	2:04	18	2:51	-	12:55	-	5	2:04	18	2:51
2	-	18:32	-	5	1:59	16	3:08	-	31:27	-	5	4:03	17	5:47
3	-	4:34	-	6	0:24	19	1:03	-	36:01	-	5	4:27	18	6:47
4	-	13:16	-	6	1:12	17	2:27	-	49:17	-	6	5:39	19	9:14
5	-	7:25	-	3	0:29	13	1:17	-	56:42	-	4	3:33	17	10:27
1	-	12:34	-	4	0:24	16	2:28	-	1:09:16	-	5	3:37	19	12:46
2	-	20:17	-	6	2:04	20	4:23	-	1:29:33	-	5	5:41	18	17:09
3	-	4:56	-	6	0:21	22	1:14	-	1:34:29	-	5	6:02	18	18:23
4	-	14:20	-	6	1:24	21	3:05	-	1:48:49	-	5	7:26	18	21:26
Finish	-	8:06	-	6	1:04	21	1:53	20.10	1:56:55	-	6	8:40	18	22:56