



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ieviņa Gaiziņa

Club: VSK Noskrien
Number: 333

Course: 20.10 km
Sporta distance

Category:
S3-Sporta distance

Total time: 2:09:02

Speed: 9.35 km/h
Running performance: 6.42 min/km

Rank in course/Total: 130 (of 157)

Rank in course/Women: 27 (of 40)

Best time in course: 1:33:59

Rank in category: 8(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	-	14:44	-	8	3:53	28	4:40	-	14:44	-	8	3:53	28	4:40
2	-	20:31	-	8	3:58	26	5:07	-	35:15	-	8	7:51	27	9:35
3	-	5:05	-	8	0:55	30	1:34	-	40:20	-	8	8:46	28	11:06
4	-	14:40	-	8	2:36	27	3:51	-	55:00	-	8	11:22	27	14:57
5	-	7:58	-	7	1:02	24	1:50	-	1:02:58	-	7	9:49	26	16:43
1	-	13:59	-	7	1:49	24	3:53	-	1:16:57	-	7	11:18	25	20:27
2	-	22:33	-	7	4:20	32	6:39	-	1:39:30	-	7	15:38	26	27:06
3	-	5:32	-	7	0:57	32	1:50	-	1:45:02	-	7	16:35	26	28:56
4	-	15:39	-	7	2:43	29	4:24	-	2:00:41	-	7	19:18	26	33:18
Finish	-	8:21	-	7	1:19	27	2:08	20.10	2:09:02	-	8	20:47	27	35:03