



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Lāsma Zebuliņa

Total time: 57:05

Number: 112

Speed: 10.51 km/h

Running performance: 5.71 min/km

Course: 10.00 km

Rank in course/Total: 116 (of 256)

Tautas distance

Rank in course/Women: 23 (of 116)

Best time in course: 42:28

Category:

Rank in category: 3(of 29)

S3-Tautas distance

Best time in the category: 52:21

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	-	12:35	-	4	1:27	27	3:48	-	12:35	-	4	1:27	27	3:48
2	-	19:03	-	3	1:29	22	4:35	-	31:38	-	3	2:33	23	8:23
3	-	4:37	-	3	0:26	23	1:04	-	36:15	-	3	2:57	23	9:27
4	-	13:35	-	3	1:14	26	3:24	-	49:50	-	3	4:11	24	12:51
Finish	-	7:15	-	3	0:41	20	1:46	10.00	57:05	-	3	4:44	23	14:37