



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Žanna Vanaga

Club: VSK Noskrien/Skiren un Nūjo Cēsis
Number: 111

Course: 10.00 km
Tautas distance

Category:
S3-Tautas distance

Total time: 59:52

Speed: 10.02 km/h
Running performance: 5.99 min/km

Rank in course/Total: 139 (of 256)

Rank in course/Women: 35 (of 116)

Best time in course: 42:28

Rank in category: 6(of 29)

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	-	13:51	-	8	2:43	43	5:04	-	13:51	-	8	2:43	43	5:04
2	-	19:23	-	5	1:49	29	4:55	-	33:14	-	6	4:09	35	9:59
3	-	4:56	-	6	0:45	42	1:23	-	38:10	-	6	4:52	35	11:22
4	-	14:09	-	6	1:48	37	3:58	-	52:19	-	6	6:40	35	15:20
Finish	-	7:33	-	5	0:59	28	2:04	10.00	59:52	-	6	7:31	35	17:24