



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Kristīne Rūja

Total time: 1:01:15

Number: 104

Speed: 9.80 km/h

Running performance: 6.13 min/km

Course: 10.00 km

Rank in course/Total: 152 (of 256)

Tautas distance

Rank in course/Women: 43 (of 116)

Best time in course: 42:28

Category:

Rank in category: 7(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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	Total km	Total Time			Pos Women	Behind Women	
1	-	12:52	-	5	1:44	29	4:05	-	12:52	-	5	1:44	29	4:05
2	-	20:37	-	7	3:03	50	6:09	-	33:29	-	7	4:24	37	10:14
3	-	5:10	-	8	0:59	55	1:37	-	38:39	-	7	5:21	38	11:51
4	-	14:41	-	7	2:20	48	4:30	-	53:20	-	7	7:41	43	16:21
Finish	-	7:55	-	8	1:21	44	2:26	10.00	1:01:15	-	7	8:54	43	18:47