



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Dace Skrastina

Club: Talsu pauguraines Zaķi  
Number: 105

Course: 10.00 km  
Tautas distance

Category:  
S3-Tautas distance

Total time: 1:04:53

Speed: 9.25 km/h  
Running performance: 6.49 min/km

Rank in course/Total: 174 (of 256)

Rank in course/Women: 57 (of 116)

Best time in course: 42:28

Rank in category: 9(of 29)

Best time in the category: 52:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
1	-	14:15	-	9	3:07	48	5:28	-	14:15	-	9	3:07	48	5:28
2	-	21:13	-	10	3:39	55	6:45	-	35:28	-	10	6:23	54	12:13
3	-	5:18	-	12	1:07	64	1:45	-	40:46	-	10	7:28	55	13:58
4	-	15:27	-	10	3:06	61	5:16	-	56:13	-	10	10:34	57	19:14
Finish	-	8:40	-	12	2:06	69	3:11	10.00	1:04:53	-	9	12:32	57	22:25