



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Inga Vaļska

Club: TRX Cēsis skrien  
Number: 110

Course: 10.00 km  
Tautas distance

Category:  
S3-Tautas distance

Total time: 1:05:54

Speed: 9.10 km/h  
Running performance: 6.59 min/km

Rank in course/Total: 180 (of 256)

Rank in course/Women: 61 (of 116)

Best time in course: 42:28

Rank in category: 11(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	-	16:18	-	18	5:10	81	7:31	-	16:18	-	18	5:10	81	7:31
2	-	21:20	-	11	3:46	58	6:52	-	37:38	-	16	8:33	71	14:23
3	-	5:23	-	15	1:12	72	1:50	-	43:01	-	15	9:43	69	16:13
4	-	14:51	-	9	2:30	54	4:40	-	57:52	-	12	12:13	62	20:53
Finish	-	8:02	-	9	1:28	47	2:33	10.00	1:05:54	-	11	13:33	61	23:26