



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Aija Tīlena

Club: TRX Cēsis skrien  
Number: 108

Course: 10.00 km  
Tautas distance

Category:  
S3-Tautas distance

Total time: 1:07:06

Speed: 8.94 km/h  
Running performance: 6.71 min/km

Rank in course/Total: 187 (of 256)

Rank in course/Women: 67 (of 116)

Best time in course: 42:28

Rank in category: 13(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	-	14:33	-	10	3:25	53	5:46	-	14:33	-	10	3:25	53	5:46
2	-	21:37	-	15	4:03	66	7:09	-	36:10	-	11	7:05	58	12:55
3	-	5:19	-	13	1:08	66	1:46	-	41:29	-	11	8:11	58	14:41
4	-	16:28	-	18	4:07	85	6:17	-	57:57	-	13	12:18	65	20:58
Finish	-	9:09	-	19	2:35	84	3:40	10.00	1:07:06	-	13	14:45	67	24:38