



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Inese Eklona

Club: VSK Noskrien
Number: 93

Course: 10.00 km
Tautas distance

Category:
S3-Tautas distance

Total time: 1:13:06

Speed: 8.21 km/h
Running performance: 7.31 min/km

Rank in course/Total: 229 (of 256)

Rank in course/Women: 94 (of 116)

Best time in course: 42:28

Rank in category: 22(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	-	17:17	-	21	6:09	92	8:30	-	17:17	-	21	6:09	92	8:30
2	-	23:52	-	24	6:18	94	9:24	-	41:09	-	20	12:04	90	17:54
3	-	5:59	-	24	1:48	99	2:26	-	47:08	-	22	13:50	95	20:20
4	-	16:46	-	22	4:25	89	6:35	-	1:03:54	-	23	18:15	94	26:55
Finish	-	9:12	-	20	2:38	85	3:43	10.00	1:13:06	-	22	20:45	94	30:38