



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Līga Birnbauma

Total time: 1:13:12

Number: 89

Speed: 8.20 km/h

Running performance: 7.32 min/km

Course: 10.00 km

Rank in course/Total: 230 (of 256)

Tautas distance

Rank in course/Women: 95 (of 116)

Best time in course: 42:28

Category:

Rank in category: 23(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
1	-	16:54	-	19	5:46	87	8:07	-	16:54	-	19	5:46	87	8:07
2	-	23:49	-	23	6:15	93	9:21	-	40:43	-	19	11:38	88	17:28
3	-	5:31	-	17	1:20	77	1:58	-	46:14	-	19	12:56	87	19:26
4	-	17:21	-	24	5:00	93	7:10	-	1:03:35	-	21	17:56	92	26:36
Finish	-	9:37	-	24	3:03	96	4:08	10.00	1:13:12	-	23	20:51	95	30:44