



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Liga Laganovska

Club: AD FITNESS

Number: 512

Course: 10.00 km

Nujošanas pargajiens-1aplis

Category:

S-Nujošanas pargajiens-1aplis

Total time: 1:35:27

Speed: 6.29 km/h

Running performance: 9.55 min/km

Rank in course/Total: 17 (of 27)

Rank in course/Women: 13 (of 21)

Best time in course: 1:26:01

Rank in category: 13(of 21)

Best time in the category: 1:26:01

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	-	20:54	-	11	2:13	11	2:13	-	20:54	-	11	2:13	11	2:13
2	-	30:21	-	7	2:22	7	2:22	-	51:15	-	9	4:29	9	4:29
3	-	7:46	-	10	1:07	10	1:07	-	59:01	-	12	5:24	12	5:24
4	-	23:21	-	13	3:09	13	3:09	-	1:22:22	-	13	8:33	13	8:33
Finish	-	13:05	-	11	1:46	11	1:46	10.00	1:35:27	-	13	9:26	13	9:26