



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ilze Rāta

Number: 518

Course: 20.10 km

Nujošanas pargajiens-2apli

Category:

S-Nujošanas pargajiens-2apli

Total time: 2:42:47

Speed: 7.37 km/h

Running performance: 8.10 min/km

Rank in course/Total: 6 (of 13)

Rank in course/Women: 2 (of 7)

Best time in course: 2:39:23

Rank in category: 2(of 7)

Best time in the category: 2:39:23

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	-	17:52	-	2	0:36	2	0:36	-	17:52	-	2	0:36	2	0:36
2	-	26:26	-	3	1:02	3	1:02	-	44:18	-	2	1:38	2	1:38
3	-	6:28	-	3	0:24	3	0:24	-	50:46	-	2	2:02	2	2:02
4	-	18:28	-	2	0:32	2	0:32	-	1:09:14	-	2	2:34	2	2:34
5	-	10:32	-	2	0:20	2	0:20	-	1:19:46	-	2	2:54	2	2:54
1	-	18:00	-	3	0:17	3	0:17	-	1:37:46	-	2	3:11	2	3:11
2	-	27:34	-	2	0:18	2	0:18	-	2:05:20	-	2	3:29	2	3:29
3	-	6:55	-	5	0:14	5	0:14	-	2:12:15	-	2	3:43	2	3:43
4	-	19:34	-	2	0:02	2	0:02	-	2:31:49	-	2	3:45	2	3:45
Finish	-	10:58	-	1	-	1	-	20.10	2:42:47	-	2	3:24	2	3:24