



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Ligita Leitlande

Club: Zemgales ziņas  
Number: 514

Course: 20.10 km  
Nujošanas pargajiens-2apli

Category:  
S-Nujošanas pargajiens-2apli

Total time: 2:45:17

Speed: 7.30 km/h  
Running performance: 8.22 min/km

Rank in course/Total: 7 (of 13)  
Rank in course/Women: 3 (of 7)  
Best time in course: 2:39:23

Rank in category: 3(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	-	18:17	-	4	1:01	4	1:01	-	18:17	-	4	1:01	4	1:01
2	-	26:46	-	4	1:22	4	1:22	-	45:03	-	4	2:23	4	2:23
3	-	6:24	-	2	0:20	2	0:20	-	51:27	-	4	2:43	4	2:43
4	-	18:54	-	3	0:58	3	0:58	-	1:10:21	-	3	3:41	3	3:41
5	-	10:59	-	5	0:47	5	0:47	-	1:21:20	-	3	4:28	3	4:28
1	-	17:59	-	2	0:16	2	0:16	-	1:39:19	-	3	4:44	3	4:44
2	-	28:13	-	3	0:57	3	0:57	-	2:07:32	-	3	5:41	3	5:41
3	-	6:42	-	2	0:01	2	0:01	-	2:14:14	-	3	5:42	3	5:42
4	-	19:40	-	3	0:08	3	0:08	-	2:33:54	-	3	5:50	3	5:50
Finish	-	11:23	-	3	0:25	3	0:25	20.10	2:45:17	-	3	5:54	3	5:54