



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: 7.26 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         |