



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Kristīne Kuka

Club: AD FITNESS

Number: 511

Course: 20.10 km

Nujošanas pargajiens-2apli

Category:

S-Nujošanas pargajiens-2apli

Total time: 2:47:59

Speed: 7.18 km/h

Running performance: 8.36 min/km

Rank in course/Total: 8 (of 13)

Rank in course/Women: 4 (of 7)

Best time in course: 2:39:23

Rank in category: 4(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	-	18:01	-	3	0:45	3	0:45	-	18:01	-	3	0:45	3	0:45
2	-	26:17	-	2	0:53	2	0:53	-	44:18	-	2	1:38	2	1:38
3	-	6:39	-	5	0:35	5	0:35	-	50:57	-	3	2:13	3	2:13
4	-	19:42	-	6	1:46	6	1:46	-	1:10:39	-	4	3:59	4	3:59
5	-	11:09	-	7	0:57	7	0:57	-	1:21:48	-	4	4:56	4	4:56
1	-	18:39	-	6	0:56	6	0:56	-	1:40:27	-	4	5:52	4	5:52
2	-	28:41	-	6	1:25	6	1:25	-	2:09:08	-	4	7:17	4	7:17
3	-	6:50	-	4	0:09	4	0:09	-	2:15:58	-	4	7:26	4	7:26
4	-	20:09	-	5	0:37	5	0:37	-	2:36:07	-	4	8:03	4	8:03
Finish	-	11:52	-	5	0:54	5	0:54	20.10	2:47:59	-	4	8:36	4	8:36