



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Inese Sirmā

Number: 521

Course: 20.10 km

Nujošanas pargajiens-2apli

Category:

S-Nujošanas pargajiens-2apli

Total time: 2:49:15

Speed: 7.13 km/h

Running performance: 8.42 min/km

Rank in course/Total: 10 (of 13)

Rank in course/Women: 5 (of 7)

Best time in course: 2:39:23

Rank in category: 5(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	-	18:24	-	5	1:08	5	1:08	-	18:24	-	5	1:08	5	1:08
2	-	27:34	-	7	2:10	7	2:10	-	45:58	-	5	3:18	5	3:18
3	-	6:49	-	7	0:45	7	0:45	-	52:47	-	5	4:03	5	4:03
4	-	19:45	-	7	1:49	7	1:49	-	1:12:32	-	6	5:52	6	5:52
5	-	10:59	-	5	0:47	5	0:47	-	1:23:31	-	6	6:39	6	6:39
1	-	19:33	-	7	1:50	7	1:50	-	1:43:04	-	7	8:29	7	8:29
2	-	28:13	-	3	0:57	3	0:57	-	2:11:17	-	5	9:26	5	9:26
3	-	6:47	-	3	0:06	3	0:06	-	2:18:04	-	5	9:32	5	9:32
4	-	19:47	-	4	0:15	4	0:15	-	2:37:51	-	5	9:47	5	9:47
Finish	-	11:24	-	4	0:26	4	0:26	20.10	2:49:15	-	5	9:52	5	9:52