



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Vieda Lūsa

Club: SK Tērauds/Suunto -2
Number: 309

Course: 20.10 km
Sporta distance

Category:
S1-Sporta distance

Total time: 1:35:56

Speed: 12.57 km/h
Running performance: 4.77 min/km

Rank in course/Total: 32 (of 157)

Rank in course/Women: 3 (of 40)

Best time in course: 1:33:59

Rank in category: 2(of 14)

Best time in the category: 1:34:41

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	-	10:24	-	2	0:20	4	0:20	-	10:24	-	2	0:20	4	0:20
2	-	15:45	-	2	0:09	3	0:21	-	26:09	-	2	0:29	3	0:29
3	-	3:49	-	2	0:03	3	0:18	-	29:58	-	2	0:32	3	0:44
4	-	11:17	-	2	0:16	3	0:28	-	41:15	-	2	0:48	3	1:12
5	-	6:16	-	2	0:08	3	0:08	-	47:31	-	2	0:56	3	1:16
1	-	10:37	-	2	0:31	3	0:31	-	58:08	-	2	1:27	3	1:38
2	-	16:37	-	2	0:22	3	0:43	-	1:14:45	-	2	1:49	3	2:21
3	-	3:43	-	1	-	2	0:01	-	1:18:28	-	2	1:42	3	2:22
4	-	11:15	-	1	-	1	-	-	1:29:43	-	2	1:27	3	2:20
Finish	-	6:13	-	1	-	1	-	20.10	1:35:56	-	2	1:15	3	1:57