



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Evija Melberga

Club: VSK Noskrien / SK Dzērvene
Number: 21

Course: 10.00 km
Tautas distance

Category:
S1-Tautas distance

Total time: 53:33

Speed: 11.20 km/h
Running performance: 5.36 min/km

Rank in course/Total: 89 (of 256)
Rank in course/Women: 15 (of 116)
Best time in course: 42:28

Rank in category: 9(of 42)
Best time in the category: 42:28

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	-	10:59	-	7	2:12	9	2:12	-	10:59	-	7	2:12	9	2:12
2	-	18:25	-	10	3:57	17	3:57	-	29:24	-	8	6:09	14	6:09
3	-	4:07	-	9	0:34	13	0:34	-	33:31	-	8	6:43	14	6:43
4	-	12:53	-	12	2:42	19	2:42	-	46:24	-	9	9:25	15	9:25
Finish	-	7:09	-	11	1:40	18	1:40	10.00	53:33	-	9	11:05	15	11:05