



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Lāsma Pometko

Number: 26

Course: 10.00 km

Tautas distance

Category:

S1-Tautas distance

Total time: 54:52

Speed: 10.94 km/h

Running performance: 5.49 min/km

Rank in course/Total: 103 (of 256)

Rank in course/Women: 19 (of 116)

Best time in course: 42:28

Rank in category: 12(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	-	11:53	-	12	3:06	19	3:06	-	11:53	-	12	3:06	19	3:06
2	-	18:34	-	12	4:06	19	4:06	-	30:27	-	13	7:12	19	7:12
3	-	4:30	-	14	0:57	21	0:57	-	34:57	-	13	8:09	19	8:09
4	-	12:42	-	10	2:31	17	2:31	-	47:39	-	12	10:40	19	10:40
Finish	-	7:13	-	12	1:44	19	1:44	10.00	54:52	-	12	12:24	19	12:24