



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Sandra Grosberga

Club: Suunto Team Latvia/OK Meridiāns
Number: 304

Course: 20.10 km
Sporta distance

Category:
S1-Sporta distance

Total time: 1:39:16

Speed: 12.15 km/h
Running performance: 4.94 min/km

Rank in course/Total: 39 (of 157)

Rank in course/Women: 5 (of 40)

Best time in course: 1:33:59

Rank in category: 3(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 | - | 10:59 | - | 4 | 0:55 | 7 | 0:55 | - | 10:59 | - | 4 | 0:55 | 7 | 0:55 |
| 2 | - | 16:30 | - | 3 | 0:54 | 5 | 1:06 | - | 27:29 | - | 3 | 1:49 | 6 | 1:49 |
| 3 | - | 4:05 | - | 4 | 0:19 | 6 | 0:34 | - | 31:34 | - | 3 | 2:08 | 5 | 2:20 |
| 4 | - | 11:36 | - | 3 | 0:35 | 5 | 0:47 | - | 43:10 | - | 3 | 2:43 | 5 | 3:07 |
| 5 | - | 6:39 | - | 3 | 0:31 | 5 | 0:31 | - | 49:49 | - | 3 | 3:14 | 5 | 3:34 |
| 1 | - | 10:45 | - | 3 | 0:39 | 4 | 0:39 | - | 1:00:34 | - | 3 | 3:53 | 5 | 4:04 |
| 2 | - | 16:48 | - | 3 | 0:33 | 4 | 0:54 | - | 1:17:22 | - | 3 | 4:26 | 5 | 4:58 |
| 3 | - | 4:02 | - | 3 | 0:19 | 5 | 0:20 | - | 1:21:24 | - | 3 | 4:38 | 5 | 5:18 |
| 4 | - | 11:18 | - | 2 | 0:03 | 3 | 0:03 | - | 1:32:42 | - | 3 | 4:26 | 5 | 5:19 |
| Finish | - | 6:34 | - | 3 | 0:21 | 3 | 0:21 | 20.10 | 1:39:16 | - | 3 | 4:35 | 5 | 5:17 |