



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: 12.09 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