



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Linda Švirberga

Club: Nacionālā aizsardzības akadēmija
Number: 39

Course: 10.00 km
Tautas distance

Category:
S1-Tautas distance

Total time: 58:23

Speed: 10.28 km/h
Running performance: 5.84 min/km

Rank in course/Total: 123 (of 256)

Rank in course/Women: 25 (of 116)

Best time in course: 42:28

Rank in category: 16(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	-	12:28	-	15	3:41	24	3:41	-	12:28	-	15	3:41	24	3:41
2	-	19:39	-	18	5:11	30	5:11	-	32:07	-	16	8:52	26	8:52
3	-	4:40	-	16	1:07	25	1:07	-	36:47	-	16	9:59	25	9:59
4	-	13:54	-	18	3:43	29	3:43	-	50:41	-	16	13:42	25	13:42
Finish	-	7:42	-	18	2:13	33	2:13	10.00	58:23	-	16	15:55	25	15:55