



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Elīna Zvilne

Club: Virsotne/Marmot  
Number: 826

Course: 10.00 km  
Tautas distance

Category:  
S1-Tautas distance

Total time: 59:03

Speed: 10.16 km/h  
Running performance: 5.91 min/km

Rank in course/Total: 133 (of 256)

Rank in course/Women: 31 (of 116)

Best time in course: 42:28

Rank in category: 18(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                  | -        | 13:29      | -            | 21          | 4:42        | 40        | 4:42         | -             | 13:29      | -            | 21       | 4:42        | 40        | 4:42         |
| 2                  | -        | 19:07      | -            | 16          | 4:39        | 24        | 4:39         | -             | 32:36      | -            | 17       | 9:21        | 29        | 9:21         |
| 3                  | -        | 4:40       | -            | 16          | 1:07        | 25        | 1:07         | -             | 37:16      | -            | 17       | 10:28       | 28        | 10:28        |
| 4                  | -        | 14:02      | -            | 20          | 3:51        | 34        | 3:51         | -             | 51:18      | -            | 18       | 14:19       | 31        | 14:19        |
| Finish             | -        | 7:45       | -            | 20          | 2:16        | 35        | 2:16         | 10.00         | 59:03      | -            | 18       | 16:35       | 31        | 16:35        |