



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Lelde Pāķe

Club: Saulkrasti SRT  
Number: 25

Course: 10.00 km  
Tautas distance

Category:  
S1-Tautas distance

Total time: 1:04:40

Speed: 9.28 km/h  
Running performance: 6.47 min/km

Rank in course/Total: 173 (of 256)

Rank in course/Women: 56 (of 116)

Best time in course: 42:28

Rank in category: 27(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	-	14:17	-	24	5:30	49	5:30	-	14:17	-	24	5:30	49	5:30
2	-	21:32	-	28	7:04	63	7:04	-	35:49	-	26	12:34	56	12:34
3	-	5:13	-	29	1:40	59	1:40	-	41:02	-	26	14:14	56	14:14
4	-	15:10	-	27	4:59	58	4:59	-	56:12	-	27	19:13	56	19:13
Finish	-	8:28	-	28	2:59	63	2:59	10.00	1:04:40	-	27	22:12	56	22:12