



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Brenda Brakovska

Club: Wood ART.LV

Number: 4

Course: 10.00 km

Tautas distance

Category:

S1-Tautas distance

Total time: 1:05:52

Speed: 9.11 km/h

Running performance: 6.59 min/km

Rank in course/Total: 179 (of 256)

Rank in course/Women: 60 (of 116)

Best time in course: 42:28

Rank in category: 29(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	-	14:49	-	27	6:02	58	6:02	-	14:49	-	27	6:02	58	6:02
2	-	21:38	-	29	7:10	67	7:10	-	36:27	-	28	13:12	59	13:12
3	-	5:03	-	26	1:30	51	1:30	-	41:30	-	28	14:42	59	14:42
4	-	15:47	-	31	5:36	73	5:36	-	57:17	-	29	20:18	60	20:18
Finish	-	8:35	-	29	3:06	67	3:06	10.00	1:05:52	-	29	23:24	60	23:24