



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Lelde Grīnvalde

Number: 9

Course: 10.00 km

Tautas distance

Category:

S1-Tautas distance

Total time: 1:09:54

Speed: 8.58 km/h

Running performance: 6.99 min/km

Rank in course/Total: 208 (of 256)

Rank in course/Women: 80 (of 116)

Best time in course: 42:28

Rank in category: 31(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	-	16:58	-	37	8:11	88	8:11	-	16:58	-	37	8:11	88	8:11
2	-	22:34	-	32	8:06	82	8:06	-	39:32	-	34	16:17	85	16:17
3	-	5:36	-	31	2:03	80	2:03	-	45:08	-	33	18:20	84	18:20
4	-	15:52	-	32	5:41	74	5:41	-	1:01:00	-	32	24:01	81	24:01
Finish	-	8:54	-	32	3:25	77	3:25	10.00	1:09:54	-	31	27:26	80	27:26