



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Luize Raga

Club: Strutainā pēda  
Number: 28

Course: 10.00 km  
Tautas distance

Category:  
S1-Tautas distance

Total time: 1:13:00

Speed: 8.22 km/h  
Running performance: 7.30 min/km

Rank in course/Total: 227 (of 256)

Rank in course/Women: 92 (of 116)

Best time in course: 42:28

Rank in category: 35(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	-	16:15	-	35	7:28	79	7:28	-	16:15	-	35	7:28	79	7:28
2	-	23:59	-	34	9:31	95	9:31	-	40:14	-	35	16:59	86	16:59
3	-	5:49	-	34	2:16	92	2:16	-	46:03	-	35	19:15	86	19:15
4	-	17:23	-	34	7:12	95	7:12	-	1:03:26	-	35	26:27	91	26:27
Finish	-	9:34	-	36	4:05	95	4:05	10.00	1:13:00	-	35	30:32	92	30:32