



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Marija Šalajevska

Total time: 1:45:02

Number: 312

Speed: 11.48 km/h

Running performance: 5.23 min/km

Course: 20.10 km

Rank in course/Total: 62 (of 157)

Sporta distance

Rank in course/Women: 7 (of 40)

Best time in course: 1:33:59

Category:

Rank in category: 5(of 14)

S1-Sporta distance

Best time in the category: 1:34:41

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	-	11:43	-	5	1:39	9	1:39	-	11:43	-	5	1:39	9	1:39
2	-	17:05	-	5	1:29	8	1:41	-	28:48	-	5	3:08	8	3:08
3	-	4:17	-	5	0:31	8	0:46	-	33:05	-	5	3:39	8	3:51
4	-	12:17	-	5	1:16	8	1:28	-	45:22	-	5	4:55	8	5:19
5	-	6:41	-	4	0:33	6	0:33	-	52:03	-	5	5:28	7	5:48
1	-	11:22	-	5	1:16	7	1:16	-	1:03:25	-	5	6:44	7	6:55
2	-	17:51	-	5	1:36	7	1:57	-	1:21:16	-	5	8:20	7	8:52
3	-	4:24	-	6	0:41	8	0:42	-	1:25:40	-	5	8:54	7	9:34
4	-	12:26	-	5	1:11	7	1:11	-	1:38:06	-	5	9:50	7	10:43
Finish	-	6:56	-	6	0:43	8	0:43	20.10	1:45:02	-	5	10:21	7	11:03