



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Liene Allere

Club: Aller group  
Number: 823

Course: 20.10 km  
Sporta distance

Category:  
S2-Sporta distance

Total time: 1:38:33

Speed: 12.24 km/h  
Running performance: 4.90 min/km

Rank in course/Total: 38 (of 157)

Rank in course/Women: 4 (of 40)

Best time in course: 1:33:59

Rank in category: 2(of 17)

Best time in the category: 1:33:59

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	-	10:15	-	1	-	2	0:11	-	10:15	-	1	-	2	0:11
2	-	16:08	-	2	0:44	4	0:44	-	26:23	-	2	0:40	4	0:43
3	-	3:49	-	2	0:18	3	0:18	-	30:12	-	2	0:58	4	0:58
4	-	11:31	-	2	0:42	4	0:42	-	41:43	-	2	1:40	4	1:40
5	-	6:32	-	2	0:20	4	0:24	-	48:15	-	2	2:00	4	2:00
1	-	10:56	-	2	0:41	5	0:50	-	59:11	-	2	2:41	4	2:41
2	-	17:09	-	2	1:15	5	1:15	-	1:16:20	-	2	3:56	4	3:56
3	-	3:53	-	2	0:11	4	0:11	-	1:20:13	-	2	4:07	4	4:07
4	-	11:40	-	2	0:23	5	0:25	-	1:31:53	-	2	4:30	4	4:30
Finish	-	6:40	-	2	0:04	5	0:27	20.10	1:38:33	-	2	4:34	4	4:34