



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Madara Ozola

Club: Saldus Boksa klubs
Number: 326

Course: 20.10 km
Sporta distance

Category:
S2-Sporta distance

Total time: 1:55:25

Speed: 10.40 km/h
Running performance: 5.74 min/km

Rank in course/Total: 99 (of 157)
Rank in course/Women: 17 (of 40)
Best time in course: 1:33:59

Rank in category: 5(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	-	12:53	-	6	2:38	17	2:49	-	12:53	-	6	2:38	17	2:49
2	-	18:43	-	6	3:19	19	3:19	-	31:36	-	6	5:53	19	5:56
3	-	4:26	-	3	0:55	12	0:55	-	36:02	-	6	6:48	19	6:48
4	-	13:16	-	5	2:27	17	2:27	-	49:18	-	6	9:15	20	9:15
5	-	7:27	-	4	1:15	14	1:19	-	56:45	-	6	10:30	19	10:30
1	-	12:26	-	4	2:11	12	2:20	-	1:09:11	-	6	12:41	17	12:41
2	-	19:42	-	5	3:48	16	3:48	-	1:28:53	-	5	16:29	16	16:29
3	-	4:42	-	4	1:00	14	1:00	-	1:33:35	-	5	17:29	16	17:29
4	-	14:05	-	6	2:48	18	2:50	-	1:47:40	-	5	20:17	16	20:17
Finish	-	7:45	-	6	1:09	19	1:32	20.10	1:55:25	-	5	21:26	17	21:26