



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Zane Vanaga

Club: VSK Noskrien
Number: 329

Course: 20.10 km
Sporta distance

Category:
S2-Sporta distance

Total time: 2:10:09

Speed: 9.27 km/h
Running performance: 6.48 min/km

Rank in course/Total: 133 (of 157)

Rank in course/Women: 28 (of 40)

Best time in course: 1:33:59

Rank in category: 9(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	-	15:05	-	10	4:50	30	5:01	-	15:05	-	10	4:50	30	5:01
2	-	21:00	-	9	5:36	29	5:36	-	36:05	-	10	10:22	30	10:25
3	-	5:10	-	13	1:39	32	1:39	-	41:15	-	10	12:01	30	12:01
4	-	15:05	-	10	4:16	31	4:16	-	56:20	-	10	16:17	30	16:17
5	-	8:02	-	8	1:50	25	1:54	-	1:04:22	-	10	18:07	29	18:07
1	-	14:34	-	10	4:19	29	4:28	-	1:18:56	-	9	22:26	27	22:26
2	-	22:17	-	11	6:23	28	6:23	-	1:41:13	-	9	28:49	27	28:49
3	-	5:33	-	13	1:51	33	1:51	-	1:46:46	-	9	30:40	27	30:40
4	-	15:08	-	10	3:51	26	3:53	-	2:01:54	-	9	34:31	27	34:31
Finish	-	8:15	-	7	1:39	23	2:02	20.10	2:10:09	-	9	36:10	28	36:10