



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Ieva Upmace-Grīviņa

Club: Surikati
Number: 328

Course: 20.10 km
Sporta distance

Category:
S2-Sporta distance

Total time: 2:11:09

Speed: 9.20 km/h
Running performance: 6.52 min/km

Rank in course/Total: 137 (of 157)

Rank in course/Women: 31 (of 40)

Best time in course: 1:33:59

Rank in category: 10(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	-	15:33	-	11	5:18	33	5:29	-	15:33	-	11	5:18	33	5:29
2	-	21:19	-	11	5:55	32	5:55	-	36:52	-	11	11:09	32	11:12
3	-	5:07	-	12	1:36	31	1:36	-	41:59	-	11	12:45	32	12:45
4	-	14:28	-	8	3:39	25	3:39	-	56:27	-	11	16:24	31	16:24
5	-	8:35	-	11	2:23	31	2:27	-	1:05:02	-	11	18:47	30	18:47
1	-	15:40	-	13	5:25	34	5:34	-	1:20:42	-	11	24:12	32	24:12
2	-	21:59	-	9	6:05	26	6:05	-	1:42:41	-	11	30:17	30	30:17
3	-	4:53	-	6	1:11	19	1:11	-	1:47:34	-	10	31:28	29	31:28
4	-	14:47	-	8	3:30	23	3:32	-	2:02:21	-	10	34:58	29	34:58
Finish	-	8:48	-	12	2:12	30	2:35	20.10	2:11:09	-	10	37:10	31	37:10