



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Darja Damroze

Club: Suunto Team Latvia  
Number: 319

Course: 20.10 km  
Sporta distance

Category:  
S2-Sporta distance

Total time: 2:20:09

Speed: 8.56 km/h  
Running performance: 6.97 min/km

Rank in course/Total: 142 (of 157)

Rank in course/Women: 35 (of 40)

Best time in course: 1:33:59

Rank in category: 13(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	-	16:34	-	16	6:19	39	6:30	-	16:34	-	16	6:19	39	6:30
2	-	21:21	-	12	5:57	33	5:57	-	37:55	-	13	12:12	36	12:15
3	-	5:17	-	14	1:46	36	1:46	-	43:12	-	15	13:58	37	13:58
4	-	16:01	-	15	5:12	37	5:12	-	59:13	-	15	19:10	37	19:10
5	-	8:35	-	11	2:23	31	2:27	-	1:07:48	-	14	21:33	35	21:33
1	-	17:42	-	14	7:27	36	7:36	-	1:25:30	-	14	29:00	35	29:00
2	-	22:39	-	13	6:45	33	6:45	-	1:48:09	-	14	35:45	35	35:45
3	-	6:14	-	14	2:32	35	2:32	-	1:54:23	-	14	38:17	35	38:17
4	-	17:07	-	13	5:50	33	5:52	-	2:11:30	-	13	44:07	34	44:07
Finish	-	8:39	-	11	2:03	29	2:26	20.10	2:20:09	-	13	46:10	35	46:10