



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Karīna Janova

Club: Siguldas takas
Number: 807

Course: 10.00 km
Tautas distance

Category:
S2-Tautas distance

Total time: 54:21

Speed: 11.04 km/h
Running performance: 5.44 min/km

Rank in course/Total: 94 (of 256)
Rank in course/Women: 17 (of 116)
Best time in course: 42:28

Rank in category: 5(of 45)
Best time in the category: 47:10

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	-	12:55	-	9	2:44	31	4:08	-	12:55	-	9	2:44	31	4:08
2	-	17:57	-	5	1:45	14	3:29	-	30:52	-	5	4:29	21	7:37
3	-	4:19	-	5	0:31	18	0:46	-	35:11	-	5	5:00	21	8:23
4	-	12:16	-	5	1:25	11	2:05	-	47:27	-	5	6:25	18	10:28
Finish	-	6:54	-	5	0:47	12	1:25	10.00	54:21	-	5	7:11	17	11:53