



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Gita Vilensone

Club: VSK Noskrien Vāveres
Number: 85

Course: 10.00 km
Tautas distance

Category:
S2-Tautas distance

Total time: 59:35

Speed: 10.07 km/h
Running performance: 5.96 min/km

Rank in course/Total: 136 (of 256)

Rank in course/Women: 33 (of 116)

Best time in course: 42:28

Rank in category: 9(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	-	12:32	-	7	2:21	25	3:45	-	12:32	-	7	2:21	25	3:45
2	-	19:57	-	12	3:45	36	5:29	-	32:29	-	8	6:06	28	9:14
3	-	4:47	-	10	0:59	32	1:14	-	37:16	-	8	7:05	28	10:28
4	-	14:19	-	14	3:28	43	4:08	-	51:35	-	9	10:33	32	14:36
Finish	-	8:00	-	15	1:53	45	2:31	10.00	59:35	-	9	12:25	33	17:07