



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Līga Rukšāne

Total time: 1:00:43

Number: 73

Speed: 9.88 km/h

Running performance: 6.07 min/km

Course: 10.00 km

Rank in course/Total: 145 (of 256)

Tautas distance

Rank in course/Women: 37 (of 116)

Best time in course: 42:28

Category:

Rank in category: 11(of 45)

S2-Tautas distance

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	-	13:59	-	15	3:48	45	5:12	-	13:59	-	15	3:48	45	5:12
2	-	20:11	-	15	3:59	42	5:43	-	34:10	-	14	7:47	43	10:55
3	-	4:52	-	12	1:04	37	1:19	-	39:02	-	15	8:51	44	12:14
4	-	14:02	-	10	3:11	34	3:51	-	53:04	-	15	12:02	41	16:05
Finish	-	7:39	-	9	1:32	31	2:10	10.00	1:00:43	-	11	13:33	37	18:15