



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Dace Tomšone

Club: VSK noskrien /Jaunmārupe skrien!
Number: 79

Course: 10.00 km
Tautas distance

Category:
S2-Tautas distance

Total time: 1:00:45

Speed: 9.88 km/h
Running performance: 6.08 min/km

Rank in course/Total: 147 (of 256)

Rank in course/Women: 38 (of 116)

Best time in course: 42:28

Rank in category: 12(of 45)

Best time in the category: 47:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
1	-	14:01	-	16	3:50	46	5:14	-	14:01	-	16	3:50	46	5:14
2	-	19:46	-	9	3:34	33	5:18	-	33:47	-	13	7:24	41	10:32
3	-	5:01	-	18	1:13	49	1:28	-	38:48	-	13	8:37	41	12:00
4	-	14:10	-	11	3:19	38	3:59	-	52:58	-	13	11:56	39	15:59
Finish	-	7:47	-	11	1:40	37	2:18	10.00	1:00:45	-	12	13:35	38	18:17