



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

### Detailed evaluation

**Kristīne Sekace**

Club: Kustību telpa  
Number: 75

Course: 10.00 km  
Tautas distance

Category:  
S2-Tautas distance

Total time: 1:00:58

Speed: 9.84 km/h  
Running performance: 6.10 min/km

Rank in course/Total: 150 (of 256)

Rank in course/Women: 41 (of 116)

Best time in course: 42:28

Rank in category: 15(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	-	12:46	-	8	2:35	28	3:59	-	12:46	-	8	2:35	28	3:59
2	-	20:36	-	18	4:24	49	6:08	-	33:22	-	10	6:59	36	10:07
3	-	4:53	-	14	1:05	40	1:20	-	38:15	-	10	8:04	36	11:27
4	-	14:33	-	17	3:42	46	4:22	-	52:48	-	11	11:46	37	15:49
Finish	-	8:10	-	19	2:03	52	2:41	10.00	1:00:58	-	15	13:48	41	18:30