



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Gunta Neija

Club: VSK Noskrien
Number: 65

Course: 10.00 km
Tautas distance

Category:
S2-Tautas distance

Total time: 1:02:30

Speed: 9.60 km/h
Running performance: 6.25 min/km

Rank in course/Total: 159 (of 256)

Rank in course/Women: 47 (of 116)

Best time in course: 42:28

Rank in category: 16(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	-	14:26	-	18	4:15	51	5:39	-	14:26	-	18	4:15	51	5:39
2	-	20:09	-	14	3:57	41	5:41	-	34:35	-	16	8:12	47	11:20
3	-	4:55	-	15	1:07	41	1:22	-	39:30	-	16	9:19	47	12:42
4	-	14:28	-	16	3:37	45	4:17	-	53:58	-	16	12:56	46	16:59
Finish	-	8:32	-	27	2:25	66	3:03	10.00	1:02:30	-	16	15:20	47	20:02