



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Laura Davidauska

Club: Nacionālā aizsardzības akadēmija
Number: 303

Course: 20.10 km
Sporta distance

Category:
S1-Sporta distance

Total time: 1:59:33

Speed: 10.04 km/h
Running performance: 5.95 min/km

Rank in course/Total: 110 (of 157)

Rank in course/Women: 22 (of 40)

Best time in course: 1:33:59

Rank in category: 9(of 14)

Best time in the category: 1:34:41

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	-	12:00	-	7	1:56	11	1:56	-	12:00	-	7	1:56	11	1:56
2	-	18:35	-	8	2:59	17	3:11	-	30:35	-	7	4:55	14	4:55
3	-	4:33	-	8	0:47	16	1:02	-	35:08	-	7	5:42	14	5:54
4	-	13:23	-	8	2:22	19	2:34	-	48:31	-	7	8:04	13	8:28
5	-	7:35	-	8	1:27	18	1:27	-	56:06	-	8	9:31	14	9:51
1	-	12:56	-	9	2:50	20	2:50	-	1:09:02	-	8	12:21	16	12:32
2	-	20:40	-	10	4:25	22	4:46	-	1:29:42	-	8	16:46	19	17:18
3	-	5:01	-	11	1:18	26	1:19	-	1:34:43	-	8	17:57	19	18:37
4	-	15:42	-	12	4:27	30	4:27	-	1:50:25	-	9	22:09	20	23:02
Finish	-	9:08	-	13	2:55	32	2:55	20.10	1:59:33	-	9	24:52	22	25:34