



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

Detailed evaluation

Līga Riņķe

Club: SPORTLAND

Number: 71

Course: 10.00 km

Tautas distance

Category:

S2-Tautas distance

Total time: 1:07:16

Speed: 8.92 km/h

Running performance: 6.73 min/km

Rank in course/Total: 189 (of 256)

Rank in course/Women: 68 (of 116)

Best time in course: 42:28

Rank in category: 25(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	-	14:40	-	20	4:29	55	5:53	-	14:40	-	20	4:29	55	5:53
2	-	22:05	-	26	5:53	72	7:37	-	36:45	-	22	10:22	61	13:30
3	-	5:17	-	23	1:29	63	1:44	-	42:02	-	22	11:51	62	15:14
4	-	15:58	-	27	5:07	75	5:47	-	58:00	-	23	16:58	66	21:01
Finish	-	9:16	-	33	3:09	87	3:47	10.00	1:07:16	-	25	20:06	68	24:48