



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

Detailed evaluation

Svetlana Semeshchenko

Club: Binitex
Number: 76

Course: 10.00 km
Tautas distance

Category:
S2-Tautas distance

Total time: 1:07:25

Speed: 8.90 km/h
Running performance: 6.74 min/km

Rank in course/Total: 191 (of 256)

Rank in course/Women: 69 (of 116)

Best time in course: 42:28

Rank in category: 26(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	-	15:16	-	23	5:05	64	6:29	-	15:16	-	23	5:05	64	6:29
2	-	21:46	-	24	5:34	70	7:18	-	37:02	-	24	10:39	65	13:47
3	-	5:22	-	26	1:34	70	1:49	-	42:24	-	24	12:13	65	15:36
4	-	16:08	-	29	5:17	77	5:57	-	58:32	-	25	17:30	68	21:33
Finish	-	8:53	-	29	2:46	75	3:24	10.00	1:07:25	-	26	20:15	69	24:57