



Detailed evaluation

Ferrera, Laura

Club: Crossfit Rīdzene
Number: 2133

Course: 9.90 km
Zakis

Category:
SZ3C

Total time: 51:32

Speed: 10.48 km/h

Rank in course/Total: 96 (of 707)

Rank in course/Total: 9 (of 355)

Best time in course: 44:45

Rank in category: 7(of 287)

Best time in the category: 44:45

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Total	Behind Total
101	-	32:09	-	6	4:08	8	4:08	-	32:09	-	6	4:08	8	4:08
105	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
111	-	16:42	-	7	2:30	12	5:27	-	48:51	-	7	6:38	10	37:36
112	-	1:55	-	48	0:45	65	0:45	-	50:46	-	8	6:58	10	6:58
Finish	-	0:46	-	1	-	4	0:06	9.90	51:32	-	7	6:47	9	6:47