



Detailed evaluation

Kāpiņa, Inga

Club: VSK Noskrien
Number: 13

Course: 32.00 km
Lusis

Category:
SL3A

Total time: 3:31:26

Speed: 9.08 km/h

Rank in course/Total: 126 (of 199)

Rank in course/Women: 20 (of 46)

Best time in course: 2:38:05

Rank in category: 7(of 13)

Best time in the category: 2:38:05

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
101	4.75	26:01	10.95	5	6:23	16	6:23	4.75	26:01	10.95	5	6:23	16	6:23
102	0.25	4:18	3.49	6	0:58	16	1:33	5.00	30:19	9.90	5	7:21	15	7:21
103	5.00	35:56	8.35	7	7:35	20	8:14	10.00	1:06:15	9.06	6	14:56	18	14:56
104	7.00	43:13	9.72	7	11:34	25	11:34	17.00	1:49:28	9.32	7	26:30	20	26:30
105	6.00	43:40	8.24	7	12:49	23	12:49	23.00	2:33:08	9.01	7	39:19	20	39:19
106	6.00	39:52	9.03	7	10:11	21	10:11	29.00	3:13:00	9.02	7	49:30	21	49:31
Finish	3.00	18:26	9.76	7	3:51	16	3:51	32.00	3:31:26	9.08	7	53:21	21	53:21