



## Detailed evaluation

Laganovskis, Dzintars

Club: AD Fitness  
Number: 2040

Course: 13.00 km  
Zakis

Category:  
VZ3C

Total time: 1:33:19

Speed: 8.36 km/h

Rank in course/Total: 356 (of 710)

Rank in course/Men: 255 (of 369)

Best time in course: 54:11

Rank in category: 206(of 302)

Best time in the category: 54:11

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
101	4.75	30:03	9.48	220	13:18	273	13:18	4.75	30:03	9.48	220	13:18	273	13:18
102	0.25	5:06	2.94	181	2:36	229	2:36	5.00	35:09	8.53	219	15:20	273	15:20
104	7.00	44:56	9.35	206	18:22	250	18:22	12.00	1:20:05	8.99	211	33:42	261	33:42
Finish	1.00	13:14	4.53	204	5:26	248	5:26	13.00	1:33:19	8.36	206	39:08	256	39:08