



Detailed evaluation

Šulmanis, Arilds

Club: CrossFit Rīdzene
Number: 2498

Course: 13.00 km
Zakis

Category:
VZ3C

Total time: 1:25:09

Speed: 9.16 km/h

Rank in course/Total: 223 (of 710)

Rank in course/Men: 186 (of 369)

Best time in course: 54:11

Rank in category: 150(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
101	4.75	26:03	9.21	133	9:18	168	9:18	4.75	26:03	9.21	133	9:18	168	9:18	
102	0.25	4:52	0.00	154	2:22	194	2:22	5.00	30:55	9.70	127	11:06	162	11:06	
104	7.00	41:33	10.11	161	14:59	197	14:59	12.00	1:12:28	9.94	142	26:05	178	26:05	
Finish	1.00	12:41	4.73	185	4:53	223	4:53	13.00	1:25:09	9.16	150	30:58	187	30:58	