



Detailed evaluation

Aksjonovs, Deniss

Club: Crossfit Ridzene
Number: 2509

Course: 13.00 km
Zakis

Category:
VZ3C

Total time: 1:12:59

Speed: 10.69 km/h

Rank in course/Total: 76 (of 710)

Rank in course/Men: 67 (of 369)

Best time in course: 54:11

Rank in category: 52(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	21:38	11.09	37	4:53	52	4:53	4.75	21:38	11.09	37	4:53	52	4:53
102	0.25	4:40	0.00	119	2:10	147	2:10	5.00	26:18	11.41	46	6:29	61	6:29
104	7.00	36:22	11.55	64	9:48	82	9:48	12.00	1:02:40	11.49	55	16:17	71	16:17
Finish	1.00	10:19	5.82	55	2:31	73	2:31	13.00	1:12:59	10.69	52	18:48	67	18:48