



## Detailed evaluation

Lucāns, Nikolajs

Club: Nergas  
Number: 161

Course: 32.00 km  
Lusis

Category:  
VL3A

Total time: 2:48:37

Speed: 11.39 km/h

Rank in course/Total: 33 (of 199)

Rank in course/Men: 30 (of 153)

Best time in course: 2:13:06

Rank in category: 10(of 42)

Best time in the category: 2:30:09

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	22:55	10.47	16	4:37	58	6:36	4.75	22:55	10.47	16	4:37	58	6:36
102	0.25	4:08	0.00	21	1:33	82	2:02	5.00	27:03	11.09	16	5:46	56	8:07
103	5.00	28:35	10.50	9	2:23	30	4:24	10.00	55:38	10.78	13	7:01	41	11:16
104	7.00	34:00	12.35	11	3:35	39	7:45	17.00	1:29:38	11.38	12	10:35	42	18:59
105	6.00	32:57	10.93	9	3:10	26	7:05	23.00	2:02:35	11.26	11	13:45	37	25:55
106	6.00	30:48	11.69	7	4:07	20	6:24	29.00	2:33:23	11.34	11	24:43	32	32:02
Finish	3.00	15:14	11.82	4	1:29	16	3:29	32.00	2:48:37	11.39	11	20:46	32	35:31