



Detailed evaluation

Laganovska, Līga

Club: AD Fitness
Number: 2041

Course: 13.00 km
Zakis

Category:
SZ3C

Total time: 2:08:06

Speed: 6.09 km/h

Rank in course/Total: 667 (of 710)

Rank in course/Women: 310 (of 341)

Best time in course: 1:00:10

Rank in category: 240(of 270)

Best time in the category: 1:00:10

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	41:46	5.75	247	23:27	317	23:27	4.75	41:46	5.75	247	23:27	317	23:27
102	0.25	6:16	0.00	175	2:47	220	2:47	5.00	48:02	6.25	246	26:09	316	26:09
104	7.00	1:02:50	6.68	235	33:24	301	33:24	12.00	1:50:52	6.49	243	59:33	313	59:33
Finish	1.00	17:14	3.48	223	8:23	290	8:23	13.00	2:08:06	6.09	240	1:07:56	310	1:07:56