



Detailed evaluation

Pokšāne, Alise

Club: ABAS KREISĀS KĀJAS
Number: 1282

Course: 23.00 km
Stirnu buks

Category:
SBJB

Total time: 2:53:48

Speed: 7.94 km/h

Rank in course/Total: 269 (of 379)

Rank in course/Women: 62 (of 126)

Best time in course: 2:00:10

Rank in category: 7(of 14)

Best time in the category: 2:18:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
101	4.75	30:11	7.95	9	74	8:02	9:14	4.75	30:11	7.95	9	74	8:02	9:14
102	0.25	5:08	0.00	5	57	1:17	1:47	5.00	35:19	8.49	8	68	8:24	10:27
103	5.00	40:27	7.42	9	71	8:22	12:58	10.00	1:15:46	7.92	8	70	16:46	23:25
104	7.00	46:14	9.08	7	65	7:44	13:38	17.00	2:02:00	8.36	8	66	24:30	37:03
106	4.00	30:42	7.82	6	59	6:32	10:08	21.00	2:32:42	8.25	7	64	31:02	47:11
Finish	2.00	21:06	5.69	7	63	4:36	6:27	23.00	2:53:48	7.94	7	62	35:38	53:38