



## Detailed evaluation

### Benhens, Uldis

Club: Engures sportam / Lyngson  
Number: 1044

Course: 23.00 km  
Stirnu buks

Category:  
VB3B

Total time: 2:50:39

Speed: 8.09 km/h

Rank in course/Total: 258 (of 379)

Rank in course/Men: 202 (of 253)

Best time in course: 1:34:38

Rank in category: 52(of 72)

Best time in the category: 1:47:41

| 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     | 28:44      | 8.35       | 44          | 10:39       | 170     | 12:26      | 4.75          | 28:44      | 8.35       | 44       | 10:39       | 170     | 12:26      |
| 102                | 0.25     | 4:46       | 0.00       | 46          | 2:05        | 188     | 2:35       | 5.00          | 33:30      | 8.96       | 44       | 12:18       | 180     | 14:49      |
| 103                | 5.00     | 38:12      | 7.85       | 52          | 12:45       | 189     | 15:57      | 10.00         | 1:11:42    | 8.37       | 50       | 25:03       | 190     | 30:00      |
| 104                | 7.00     | 44:57      | 9.34       | 51          | 15:46       | 202     | 19:01      | 17.00         | 1:56:39    | 8.74       | 53       | 40:49       | 202     | 48:52      |
| 106                | 4.00     | 31:25      | 7.64       | 54          | 12:43       | 202     | 15:31      | 21.00         | 2:28:04    | 8.51       | 51       | 53:32       | 198     | 1:04:23    |
| Finish             | 2.00     | 22:35      | 5.31       | 57          | 9:26        | 212     | 11:38      | 23.00         | 2:50:39    | 8.09       | 54       | 1:39:58     | 204     | 1:39:58    |