



Detailed evaluation

Grīnvalds, Ainārs

Club: Mammadaba
Number: 87

Course: 29.00 km
Lusis

Category:
VL3

Total time: 3:55:16

Speed: 7.40 km/h

Rank in course/Total: 149 (of 211)

Rank in course/Men: 125 (of 155)

Best time in course: 1:58:43

Rank in category: 34(of 41)

Best time in the category: 2:33:14

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	-	29:02	-	28	8:38	94	11:33	-	29:02	-	28	8:38	94	11:33
102	-	51:11	-	34	17:13	123	23:08	-	1:20:13	-	34	25:51	111	34:41
Sprint Start	-	42:32	-	41	24:31	154	27:49	-	2:02:45	-	36	48:38	138	1:02:30
Sprint Finish	-	2:55	-	11	0:36	36	0:58	-	2:05:40	-	36	48:56	138	1:03:19
105	-	39:11	-	27	13:14	101	18:59	-	2:44:51	-	35	1:01:38	131	1:22:18
106	-	57:28	-	31	18:57	100	30:54	-	3:42:19	-	35	1:20:20	128	1:51:55
Finish	-	12:57	-	13	1:52	42	4:38	29.00	3:55:16	-	34	1:22:02	125	1:56:33