



Detailed evaluation

Štūla-Pankoka, Irīna

Club: Liepājas Vieglatlētikas klubs
Number: 118

Course: 29.00 km
Lusis

Category:
SL2

Total time: 2:55:54

Speed: 9.89 km/h

Rank in course/Total: 37 (of 211)

Rank in course/Women: 5 (of 56)

Best time in course: 2:07:56

Rank in category: 3(of 35)

Best time in the category: 2:36:33

Control	Intermediate times			Stage score				Total ranking						
	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	-	22:30	-	2	0:27	2	0:27	-	22:30	-	2	0:27	2	0:27
102	-	37:33	-	2	1:17	2	1:17	-	1:00:03	-	2	1:44	2	1:44
Sprint Start	-	21:09	-	2	1:43	3	1:43	-	1:21:12	-	2	3:27	2	3:27
Sprint Finish	-	2:45	-	2	0:16	2	0:16	-	1:23:57	-	2	2:48	2	2:48
105	-	30:47	-	4	4:48	6	4:48	-	1:54:44	-	3	7:36	3	7:36
106	-	48:07	-	5	9:59	13	24:45	-	2:42:51	-	3	17:35	5	48:56
Finish	-	13:03	-	4	2:05	10	2:05	29.00	2:55:54	-	3	19:21	5	47:58