



Detailed evaluation

Pokšāns, Arnis

Club: Abas Kreisās Kājas
Number: 46

Course: 29.00 km
Luis

Category:
VL3

Total time: 4:05:52

Speed: 7.08 km/h

Rank in course/Total: 167 (of 211)

Rank in course/Men: 137 (of 155)

Best time in course: 1:58:43

Rank in category: 36(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	-	32:09	-	36	11:45	124	14:40	-	32:09	-	36	11:45	124	14:40
102	-	54:39	-	36	20:41	133	26:36	-	1:26:48	-	36	32:26	133	41:16
Sprint Start	-	30:59	-	35	12:58	135	16:16	-	1:57:47	-	35	43:40	133	57:32
Sprint Finish	-	3:47	-	25	1:28	90	1:50	-	2:01:34	-	35	44:50	133	59:13
105	-	45:31	-	36	19:34	133	25:19	-	2:47:05	-	36	1:03:52	134	1:24:32
106	-	1:01:46	-	35	23:15	123	35:12	-	3:48:51	-	36	1:26:52	134	1:58:27
Finish	-	17:01	-	34	5:56	123	8:42	29.00	4:05:52	-	36	1:32:38	137	2:07:09