



## Detailed evaluation

Laganovskis, Dzintars

Club: AD Fitness  
Number: 31

Course: 29.00 km  
Luis

Category:  
VL3

Total time: 4:51:52

Speed: 5.96 km/h

Rank in course/Total: 199 (of 211)

Rank in course/Men: 150 (of 155)

Best time in course: 1:58:43

Rank in category: 40(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	-	33:29	-	37	13:05	133	16:00	-	33:29	-	37	13:05	133	16:00
102	-	1:06:08	-	40	32:10	149	38:05	-	1:39:37	-	39	45:15	150	54:05
Sprint Start	-	35:19	-	40	17:18	151	20:36	-	2:14:56	-	39	1:00:49	150	1:14:41
Sprint Finish	-	6:47	-	41	4:28	153	4:50	-	2:21:43	-	39	1:04:59	150	1:19:22
105	-	51:14	-	38	25:17	144	31:02	-	3:12:57	-	40	1:29:44	149	1:50:24
106	-	1:18:39	-	41	40:08	150	52:05	-	4:31:36	-	40	2:09:37	149	2:41:12
Finish	-	20:16	-	39	9:11	145	11:57	29.00	4:51:52	-	40	2:18:38	150	2:53:09