



Detailed evaluation

Laganovska, Līga

Club: AD Fitness
Number: 1045

Course: 21.00 km
Stirnu buks

Category:
SB3

Total time: 3:52:00

Speed: 5.43 km/h

Rank in course/Total: 310 (of 314)

Rank in course/Women: 110 (of 113)

Best time in course: 1:50:38

Rank in category: 29(of 31)

Best time in the category: 2:09:10

Intermediate times				Stage score				Total ranking						
Control	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	-	48:27	-	30	23:43	110	26:15	-	48:27	-	30	23:43	110	26:15
102	-	1:14:55	-	26	32:50	105	38:52	-	2:03:22	-	29	56:33	109	1:05:07
Sprint Start	-	41:51	-	25	18:33	99	22:41	-	2:45:13	-	27	1:15:06	104	1:27:48
Sprint Finish	-	6:39	-	27	3:11	100	4:00	-	2:51:52	-	27	1:18:17	104	1:31:03
106	-	38:34	-	27	15:55	102	19:24	-	3:30:26	-	29	1:33:51	110	1:50:27
Finish	-	21:34	-	26	9:21	103	10:55	21.00	3:52:00	-	29	1:42:50	110	2:01:22