



Stirnu Buks IV
Talsi / 30.07.2016

Detailed evaluation

Kāpiņa, Inga

Club: VSK Noskrien
Number: 13

Course: 29.00 km
Lusis

Category:
SL3

Total time: 2:59:33

Speed: 9.69 km/h

Rank in course/Total: 97 (of 220)

Rank in course/Women: 9 (of 53)

Best time in course: 2:29:26

Rank in category: 3(of 13)

Best time in the category: 2:38:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Sprint Start	-	38:52	-	4	4:22	9	8:15	-	38:52	-	4	4:22	9	8:15
Sprint Finish	-	1:31	-	2	0:05	11	0:29	-	40:23	-	3	4:27	8	8:25
103	-	19:22	-	2	0:57	5	2:34	-	59:45	-	2	5:24	7	10:59
104	-	35:20	-	3	3:36	10	6:14	-	1:35:05	-	3	9:00	8	17:13
105	-	39:23	-	3	5:48	11	8:01	-	2:14:28	-	3	14:48	9	25:14
106	-	37:38	-	4	5:29	14	7:08	-	2:52:06	-	3	20:17	9	29:56
Finish	-	7:27	-	3	0:37	9	1:21	29.00	2:59:33	-	3	20:54	9	30:07