



Detailed evaluation

Āboliņa, Lāsma

Club: VSK Noskrien
Number: 36

Course: 31.00 km
Lusis

Category:
SL3

Total time: 5:21:44

Speed: 5.78 km/h

Rank in course/Total: 203 (of 204)

Rank in course/Women: 55 (of 56)

Best time in course: 2:37:59

Rank in category: 14(of 15)

Best time in the category: 2:59:09

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	-	33:11	-	11	9:32	45	12:07	-	33:11	-	11	9:32	45	12:07
Sprint Start	-	40:03	-	12	14:13	50	16:39	-	1:13:14	-	12	23:24	48	28:46
Sprint Finish	-	2:55	-	10	1:24	48	1:38	-	1:16:09	-	12	24:38	48	30:05
104	-	1:33:04	-	15	41:50	56	48:34	-	2:49:13	-	14	1:06:27	55	1:18:39
105	-	1:24:28	-	15	44:55	56	49:19	-	4:13:41	-	14	1:51:15	55	2:07:58
106	-	41:43	-	15	18:55	53	21:54	-	4:55:24	-	14	2:10:10	55	2:29:52
Finish	-	26:20	-	15	12:25	53	13:53	31.00	5:21:44	-	14	2:22:35	55	2:43:45