



Detailed evaluation

Lapiņa, Laura

Club: Siguldas izlase
Number: 126

Course: 35.00 km
Lusis

Category:
SL3

Total time: 3:11:36

Speed: 10.96 km/h

Rank in course/Total: 48 (of 135)

Rank in course/Women: 5 (of 34)

Best time in course: 2:43:57

Rank in category: 1(of 8)

Best time in the category: 3:11:36

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	-	29:43	-	1	-	5	4:24	-	29:43	-	1	-	5	4:24
102	-	36:27	-	1	-	5	4:32	-	1:06:10	-	1	-	5	8:56
103	-	33:57	-	1	-	5	5:19	-	1:40:07	-	1	-	5	14:15
104	-	1:04:02	-	2	0:25	8	9:48	-	2:44:09	-	1	-	5	24:03
Sprint Start	-	10:32	-	1	-	4	0:45	-	2:54:41	-	1	-	5	24:30
Sprint Finish	-	4:16	-	5	0:59	20	1:31	-	2:58:57	-	1	-	5	26:01
Finish	-	12:39	-	2	0:30	6	1:38	35.00	3:11:36	-	1	-	5	27:39