



Detailed evaluation

Balode, Ilona

Club: Salacgrīvas Buki
Number: 1119

Course: 25.00 km
Stirnu buks

Category:
SB3

Total time: 2:43:25

Speed: 9.18 km/h

Rank in course/Total: 209 (of 290)

Rank in course/Women: 65 (of 117)

Best time in course: 1:50:18

Rank in category: 17(of 38)

Best time in the category: 2:06:35

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	-	34:21	-	13	5:21	33	9:14	-	34:21	-	13	5:21	33	9:14
102	-	45:48	-	18	8:38	66	14:06	-	1:20:09	-	17	13:59	54	23:20
104	-	47:05	-	18	11:02	67	16:07	-	2:07:14	-	17	25:01	62	39:27
Sprint Start	-	13:41	-	20	3:32	74	4:55	-	2:20:55	-	17	28:33	64	44:22
Sprint Finish	-	4:40	-	20	1:46	67	2:14	-	2:25:35	-	17	30:19	64	46:17
Finish	-	17:50	-	25	6:31	82	7:02	25.00	2:43:25	-	17	36:50	65	53:07