



Detailed evaluation

Kāpiņa, Inga

Club: VSK Noskrien
Number: 9

Course: 35.00 km
Lusis

Category:
SL3

Total time: 3:45:10

Speed: 9.33 km/h

Rank in course/Total: 92 (of 135)

Rank in course/Women: 14 (of 34)

Best time in course: 2:43:57

Rank in category: 5(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 | - | 34:07 | - | 5 | 4:24 | 15 | 8:48 | - | 34:07 | - | 5 | 4:24 | 15 | 8:48 |
| 102 | - | 41:08 | - | 5 | 4:41 | 13 | 9:13 | - | 1:15:15 | - | 5 | 9:05 | 14 | 18:01 |
| 103 | - | 38:01 | - | 5 | 4:04 | 14 | 9:23 | - | 1:53:16 | - | 5 | 13:09 | 14 | 27:24 |
| 104 | - | 1:17:14 | - | 6 | 13:37 | 17 | 23:00 | - | 3:10:30 | - | 5 | 26:21 | 13 | 50:24 |
| Sprint Start | - | 15:17 | - | 7 | 4:45 | 28 | 5:30 | - | 3:25:47 | - | 6 | 31:06 | 15 | 55:36 |
| Sprint Finish | - | 4:00 | - | 4 | 0:43 | 14 | 1:15 | - | 3:29:47 | - | 6 | 30:50 | 15 | 56:51 |
| Finish | - | 15:23 | - | 6 | 3:14 | 21 | 4:22 | 35.00 | 3:45:10 | - | 5 | 33:34 | 14 | 1:01:13 |