



Detailed evaluation

Laganovskis, Dzintars

Club: AD Fitness
Number: 41

Course: 28.00 km
Lusis

Category:
VL3

Total time: 3:56:04

Speed: 7.12 km/h

Rank in course/Total: 266 (of 274)

Rank in course/Men: 204 (of 206)

Best time in course: 1:47:32

Rank in category: 61(of 62)

Best time in the category: 1:57:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total km/h				
101	-	29:15	-	61	14:23	204	15:50	-	29:15	-	61	14:23	204	15:50
Sprint Start	-	55:42	-	61	27:15	204	29:18	-	1:24:57	-	61	41:38	204	45:08
Sprint Finish	-	3:18	-	62	1:53	206	2:05	-	1:28:15	-	61	43:19	204	47:07
104	-	33:59	-	60	16:39	203	18:04	-	2:02:14	-	61	59:58	204	1:05:10
105	-	57:47	-	61	31:19	205	33:49	-	3:00:01	-	61	1:31:17	204	1:38:21
106	-	37:59	-	56	18:48	188	21:03	-	3:38:00	-	61	1:49:43	204	1:59:03
Finish	-	18:04	-	58	8:49	194	9:37	28.00	3:56:04	-	61	1:58:12	204	2:08:32