



Detailed evaluation

Rata, Ilze

Total time: 3:43:57

Club: Exigen Services Latvia #optimized4running
Number: 48

Speed: 7.50 km/h

Course: 28.00 km

Rank in course/Total: 258 (of 274)

Lusis

Rank in course/Women: 56 (of 68)

Best time in course: 2:14:04

Category:

Rank in category: 1(of 3)

SL4

Best time in the category: 3:43:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
101	-	29:14	-	1	-	58	13:17	-	29:14	-	1	-	58	13:17
Sprint Start	-	55:18	-	1	-	56	23:06	-	1:24:32	-	1	-	56	36:23
Sprint Finish	-	3:07	-	2	0:15	54	1:38	-	1:27:39	-	1	-	56	37:36
104	-	32:41	-	1	-	56	12:47	-	2:00:20	-	1	-	56	50:22
105	-	49:45	-	1	-	56	19:22	-	2:50:05	-	1	-	56	1:07:30
106	-	36:15	-	1	-	53	14:52	-	3:26:20	-	1	-	56	1:22:22
Finish	-	17:37	-	2	0:21	58	7:31	28.00	3:43:57	-	1	-	56	1:29:53