



## Detailed evaluation

Freija, Dita

Club: CrossFit Rīdzene  
Number: 2286

Course: 12.00 km  
Zakis

Category:  
SZ3

Total time: 1:18:39

Speed: 9.15 km/h

Rank in course/Total: 252 (of 512)

Rank in course/Women: 75 (of 265)

Best time in course: 41:10

Rank in category: 66(of 226)

Best time in the category: 41:10

Control	Intermediate times			Stage score				Total ranking						
	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
Sprint Start	-	36:01	-	90	11:55	102	11:55	-	36:01	-	90	11:55	102	11:55
Sprint Finish	-	2:42	-	68	0:49	80	0:49	-	38:43	-	86	12:37	99	12:37
106	-	26:52	-	55	7:20	64	7:20	-	1:05:35	-	69	19:57	79	19:57
Finish	-	13:04	-	59	3:25	68	3:25	12.00	1:18:39	-	66	37:29	75	37:29