



Detailed evaluation

Laganovska, Līga

Club: AD Fitness
Number: 6150

Course: 22.00 km
Stirnu buks

Category:
SB3

Total time: 3:30:29

Speed: 6.27 km/h

Rank in course/Total: 356 (of 368)

Rank in course/Women: 129 (of 139)

Best time in course: 1:44:14

Rank in category: 33(of 37)

Best time in the category: 1:56:40

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
Sprint Start	-	49:34	-	33	22:07	129	24:49	-	49:34	-	33	22:07	129	24:49
Sprint Finish	-	3:17	-	33	1:28	126	1:43	-	52:51	-	33	23:33	129	26:20
104	-	38:20	-	33	16:45	129	20:00	-	1:31:11	-	33	40:17	129	46:14
105	-	57:11	-	33	25:05	126	28:39	-	2:28:22	-	33	1:05:19	128	1:14:53
106	-	42:18	-	31	19:52	123	21:44	-	3:10:40	-	33	1:25:11	128	1:36:35
Finish	-	19:49	-	30	8:38	121	9:40	22.00	3:30:29	-	33	1:33:49	129	1:46:15