



Detailed evaluation

Limanāne, Ilze

Club: VSK Noskrien Vāveres

Number: 6004

Course: 29.00 km

Lusis

Category:

SL2

Total time: 3:19:03

Speed: 8.74 km/h

Rank in course/Total: 91 (of 224)

Rank in course/Women: 8 (of 50)

Best time in course: 2:50:01

Rank in category: 6(of 33)

Best time in the category: 2:52:01

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	-	33:17	-	6	5:20	9	5:20	-	33:17	-	6	5:20	9	5:20
102	-	33:16	-	6	4:08	8	4:58	-	1:06:33	-	6	9:28	9	9:28
103	-	37:54	-	8	6:00	11	6:00	-	1:44:27	-	7	15:28	9	15:28
104	-	21:04	-	4	3:13	5	3:13	-	2:05:31	-	7	18:41	9	18:41
105	-	34:05	-	8	5:01	12	5:02	-	2:39:36	-	7	22:50	9	22:53
Sprint Start	-	29:54	-	4	5:13	6	5:13	-	3:09:30	-	6	26:19	8	27:18
Sprint Finish	-	2:52	-	6	0:21	8	0:23	-	3:12:22	-	6	26:11	8	27:41
Finish	-	6:41	-	4	0:51	5	1:21	29.00	3:19:03	-	6	27:02	8	29:02