



## Detailed evaluation

Rata, Ilze

Total time: 4:40:25

Club: Exigen Services Latvia #optimized4running  
Number: 6080

Speed: 6.21 km/h

Course: 29.00 km

Rank in course/Total: 214 (of 224)

Lusis

Rank in course/Women: 46 (of 50)

Best time in course: 2:50:01

Category:

Rank in category: 1(of 1)

SL4

Best time in the category: 4:40:25

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	-	48:07	-	1	-	48	20:10	-	48:07	-	1	-	48	20:10
102	-	46:10	-	1	-	48	17:52	-	1:34:17	-	1	-	48	37:12
103	-	53:46	-	1	-	48	21:52	-	2:28:03	-	1	-	48	59:04
104	-	29:37	-	1	-	43	11:46	-	2:57:40	-	1	-	48	1:10:50
105	-	47:23	-	1	-	44	18:20	-	3:45:03	-	1	-	48	1:28:20
Sprint Start	-	40:55	-	1	-	39	16:14	-	4:25:58	-	1	-	46	1:43:46
Sprint Finish	-	3:44	-	1	-	24	1:15	-	4:29:42	-	1	-	46	1:45:01
Finish	-	10:43	-	1	-	46	5:23	29.00	4:40:25	-	1	-	46	1:50:24