



Detailed evaluation

Promberga, Sniga

Club: CrossFit Rīdzene 1

Number: 3077

Course: 13.00 km

Zakis

Category:

SZ3

Total time: 1:44:34

Speed: 7.46 km/h

Rank in course/Total: 447 (of 894)

Rank in course/Women: 107 (of 418)

Best time in course: 1:10:13

Rank in category: 94(of 371)

Best time in the category: 1:11:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
101	-	41:02	-	114	129	14:14	14:42	-	41:02	-	114	129	14:14	14:42
104	-	43:04	-	89	101	12:09	13:15	-	1:24:06	-	95	108	26:10	27:57
Sprint Start	-	8:34	-	81	94	2:46	2:46	-	1:32:40	-	93	106	28:48	30:30
Sprint Finish	-	4:03	-	160	177	2:01	2:01	-	1:36:43	-	95	108	30:13	32:25
Finish	-	7:51	-	70	81	2:24	2:24	13.00	1:44:34	-	94	107	32:37	34:21