



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