



Stirnu Buks I
Zilie kalni / 15.04.2017

Detailed evaluation

Laganovskis, Dzintars

Club: AD Fitness
Number: 6055

Course: 28.00 km
Lusis

Category:
VL3

Total time: 3:51:16

Speed: 7.26 km/h

Rank in course/Total: 290 (of 296)

Rank in course/Men: 229 (of 231)

Best time in course: 1:46:56

Rank in category: 75(of 76)

Best time in the category: 2:02:11

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
101	-	1:19:21	-	74	38:06	227	42:41	-	1:19:21	-	74	38:06	227	42:41
102	-	33:56	-	74	15:51	227	17:51	-	1:53:17	-	74	53:57	229	1:17:03
103	-	14:43	-	76	7:17	231	8:20	-	2:08:00	-	75	1:00:57	230	1:19:48
104	-	37:37	-	76	17:25	229	20:35	-	2:45:37	-	76	1:18:00	231	1:29:27
105	-	26:24	-	75	11:42	219	14:03	-	3:12:01	-	75	1:29:11	228	1:43:30
Sprint Start	-	34:54	-	76	17:07	226	18:29	-	3:46:55	-	76	1:46:14	229	2:01:55
Sprint Finish	-	1:22	-	63	0:49	192	0:54	-	3:48:17	-	76	1:47:03	229	2:02:46
Finish	-	2:59	-	75	2:02	228	2:02	28.00	3:51:16	-	76	1:49:05	229	2:04:20