



Detailed evaluation

Helmane, Karīna

Club: VSK Noskrien
Number: 5126

Course: 22.00 km
Stirnu buks

Category:
SB2

Total time: 1:31:43

Speed: 14.39 km/h

Rank in course/Total: 69 (of 530)

Rank in course/Women: 5 (of 167)

Best time in course: 1:25:45

Rank in category: 4(of 106)

Best time in the category: 1:25:45

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
102	-	21:13	-	2	0:13	2	0:13	-	21:13	-	2	0:13	2	0:13
103	-	8:09	-	3	0:34	6	0:34	-	29:22	-	2	0:47	2	0:47
104	-	22:52	-	6	2:04	9	2:04	-	52:14	-	3	2:51	3	2:51
105	-	16:02	-	4	0:50	7	0:50	-	1:08:16	-	3	3:41	3	3:41
Sprint Start	-	21:03	-	6	1:52	8	1:52	-	1:29:19	-	4	5:33	5	5:33
Sprint Finish	-	1:07	-	38	0:36	57	0:36	-	1:30:26	-	4	5:50	5	5:50
Finish	-	1:17	-	4	0:08	7	0:08	22.00	1:31:43	-	4	5:58	5	5:58