



Detailed evaluation

Nilovs, Valdis

Club: VSK Noskrien
Number: 5009

Course: 22.00 km
Stirnu buks

Category:
VB3

Total time: 1:20:04

Speed: 16.49 km/h

Rank in course/Total: 17 (of 530)

Rank in course/Men: 17 (of 363)

Best time in course: 1:08:49

Rank in category: 4(of 101)

Best time in the category: 1:14:51

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
102	-	19:54	-	4	1:35	19	2:40	-	19:54	-	4	1:35	19	2:40
103	-	7:19	-	4	0:39	19	1:14	-	27:13	-	4	2:14	19	3:54
104	-	19:41	-	4	1:23	21	3:17	-	46:54	-	4	3:28	18	7:11
105	-	13:58	-	4	0:52	20	1:54	-	1:00:52	-	4	4:20	18	9:05
Sprint Start	-	17:28	-	4	1:04	19	2:02	-	1:18:20	-	4	5:13	18	11:05
Sprint Finish	-	0:48	-	10	0:11	87	0:21	-	1:19:08	-	4	5:17	18	11:12
Finish	-	0:56	-	2	0:01	5	0:03	22.00	1:20:04	-	4	5:13	17	11:15