



Detailed evaluation

Pometko, Lāsma

Club: Noskrien Cēsis
Number: 453

Course: 8.70 km
SUUNTO

Category:
S1-Tautas distance

Total time: 57:40

Speed: 9.05 km/h

Rank in course/Total: 120 (of 310)

Rank in course/Women: 17 (of 116)

Best time in course: 45:49

Rank in category: 11(of 47)

Best time in the category: 46:58

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
31	-	10:36	-	10	15	1:53	15	-	10:36	-	10	15	1:53	1:53
32	-	11:49	-	11	18	2:26	18	-	22:25	-	11	17	4:19	4:19
33	-	21:37	-	12	19	3:59	19	-	44:02	-	12	18	8:18	8:50
Finish	-	13:38	-	10	17	2:24	17	8.70	57:40	-	11	17	10:42	11:51