




BIRGIT DEMIDOVA

3307
BIB

 EST
COUNTRY

 HARJUMAA
CITY

 N
CAT

6 km
74th place
00:28:09

Cat - N - 4th place / Women - 8th place

POS	WOMEN	CAT	RESULT	BEHIND	NET TIME	DISTANCE	AVERAGE PACE	AVERAGE SPEED
74	(8)	(4)	00:28:09	00:06:58	00:27:51	6.000 km	04:42 min/km	12.80 km/h

SPLIT	DISTANCE	POS	RESULT	BEHIND	TIME OF DAY	SPLIT TIME	MIN/KM	KM/H
Start		194	00:00:18	00:00:18	14:00:18	00:00:18		
Finish	6.000 km	74	00:28:09	00:06:58	14:28:09	00:27:51	04:39	12.93