



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Kilupa, Ilona

Club: Ziemeļkurzeme OK

Total time: 40:08

Running performance: - min/km

Category:

Women -21B

Rank in category: 6(of 18)

Best time in the category: 30:06

Behind: 10:02

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (130)	3:10	5	0:42	28.4	3:10	5	0:42	28.4
2 (135)	2:01	6	0:42	53.2	5:11	3	1:24	37.0
3 (136)	2:51	7	0:41	31.5	8:02	3	2:05	35.0
4 (111)	4:46	11	1:15	35.6	12:48	3	3:20	35.2
5 (95)	2:40	3	0:28	21.2	15:28	2	1:48	13.2
6 (116)	2:24	6	0:35	32.1	17:52	3	1:50	11.4
7 (97)	8:57	17	7:51	713.6	26:49	7	9:02	50.8
8 (137)	2:28	13	0:41	38.3	29:17	6	9:17	46.4
9 (128)	4:11	15	1:42	68.5	33:28	8	10:59	48.9
10 (53)	1:03	8	0:14	28.6	34:31	8	11:07	47.5
11 (121)	2:03	7	0:33	36.7	36:34	7	9:42	36.1
12 (122)	1:44	6	0:19	22.4	38:18	6	9:44	34.1
13 (100)	1:20	14	0:34	73.9	39:38	6	10:00	33.8
Finish	0:30	14	0:11	57.9	40:08	6	10:02	33.3