



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

## Detailed evaluation

Grishanova, Alena

Club: NORD WEST

Total time: 40:10

Running performance: 12:37 min/km

Course: 3.18 km / 13 Controls

Category:

Women -21B

Rank in category: 7(of 18)

Best time in the category: 30:06

Behind: 10:04

## Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (130)	3:48	8	1:20	54.1	3:48	8	1:20	54.1
2 (135)	2:05	7	0:46	58.2	5:53	6	2:06	55.5
3 (136)	2:50	5	0:40	30.8	8:43	5	2:46	46.5
4 (111)	4:58	13	1:27	41.2	13:41	4	4:13	44.5
5 (95)	3:00	10	0:48	36.4	16:41	4	3:01	22.1
6 (116)	2:59	13	1:10	64.2	19:40	4	3:38	22.7
7 (97)	2:45	11	1:39	150.0	22:25	3	4:38	26.1
8 (137)	2:06	5	0:19	17.8	24:31	3	4:31	22.6
9 (128)	7:00	17	4:31	181.9	31:31	5	9:02	40.2
10 (53)	1:04	10	0:15	30.6	32:35	5	9:11	39.3
11 (121)	1:59	6	0:29	32.2	34:34	5	7:42	28.7
12 (122)	3:46	17	2:21	165.9	38:20	7	9:46	34.2
13 (100)	1:23	15	0:37	80.4	39:43	7	10:05	34.0
Finish	0:27	9	0:08	42.1	40:10	7	10:04	33.4