



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Abzalone, Zanda

Club: CPSS/Meridiāns/Pārgauja

Total time: 35:58

Running performance: 8:46 min/km

Course: 4.10 km / 19 Controls

Category:

Women 35-

Rank in category: 2(of 22)

Best time in the category: 33:04

Behind: 2:54

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (123)	2:07	2	0:17	15.5	2:07	2	0:17	15.5
2 (83)	2:33	1	-	-	4:40	1	-	-
3 (109)	1:09	1	-	-	5:49	1	-	-
4 (86)	1:50	3	0:20	22.2	7:39	1	-	-
5 (89)	1:29	6	0:15	20.3	9:08	1	-	-
6 (124)	1:09	12	0:28	68.3	10:17	1	-	-
7 (125)	2:55	4	0:30	20.7	13:12	1	-	-
8 (93)	3:20	4	0:33	19.8	16:32	1	-	-
9 (115)	0:46	1	-	-	17:18	1	-	-
10 (91)	1:57	3	0:07	6.4	19:15	1	-	-
11 (116)	1:45	4	0:11	11.7	21:00	1	-	-
12 (117)	0:45	2	0:04	9.8	21:45	1	-	-
13 (118)	1:23	1	-	-	23:08	1	-	-
14 (99)	0:26	2	0:01	4.0	23:34	1	-	-
15 (119)	6:46	19	4:00	144.6	30:20	2	3:10	11.7
16 (53)	0:49	1	-	-	31:09	2	3:03	10.9
17 (103)	2:36	9	1:02	66.0	33:45	2	3:28	11.5
18 (126)	0:58	2	0:03	5.5	34:43	2	2:55	9.2
19 (100)	0:50	2	0:02	4.2	35:33	2	2:54	8.9
Finish	0:25	6	0:04	19.1	35:58	2	2:54	8.8