



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Birzniece, Baiba

Club: Ind.

Total time: 44:49

Running performance: 10:55 min/km

Course: 4.10 km / 19 Controls

Category:

Women 35-

Rank in category: 5(of 22)

Best time in the category: 33:04

Behind: 11:45

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (123)	3:01	11	1:11	64.6	3:01	11	1:11	64.6
2 (83)	4:26	15	1:53	73.9	7:27	13	2:47	59.6
3 (109)	1:17	3	0:08	11.6	8:44	7	2:55	50.1
4 (86)	2:24	7	0:54	60.0	11:08	5	3:29	45.5
5 (89)	2:31	18	1:17	104.1	13:39	5	4:31	49.5
6 (124)	1:19	14	0:38	92.7	14:58	6	4:41	45.5
7 (125)	4:10	10	1:45	72.4	19:08	6	5:56	45.0
8 (93)	4:53	13	2:06	75.5	24:01	6	7:29	45.3
9 (115)	1:10	8	0:24	52.2	25:11	5	7:53	45.6
10 (91)	2:34	13	0:44	40.0	27:45	5	8:30	44.2
11 (116)	3:34	18	2:00	127.7	31:19	9	10:19	49.1
12 (117)	1:16	16	0:35	85.4	32:35	9	10:50	49.8
13 (118)	2:04	15	0:41	49.4	34:39	9	11:31	49.8
14 (99)	0:43	15	0:18	72.0	35:22	9	11:48	50.1
15 (119)	3:43	4	0:57	34.3	39:05	7	11:55	43.9
16 (53)	0:59	9	0:10	20.4	40:04	7	11:58	42.6
17 (103)	2:19	5	0:45	47.9	42:23	5	12:06	40.0
18 (126)	1:09	6	0:14	25.5	43:32	5	11:44	36.9
19 (100)	0:55	8	0:07	14.6	44:27	5	11:48	36.1
Finish	0:22	3	0:01	4.8	44:49	5	11:45	35.5