



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Šapovalova, Anžela

Club: Auseklis IK

Total time: 1:16:12

Running performance: 18:35 min/km

Course: 4.10 km / 19 Controls

Category:

Women 35-

Rank in category: 20(of 22)

Best time in the category: 33:04

Behind: 43:08

Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (123) | 2:54 | 10 | 1:04 | 58.2 | 2:54 | 10 | 1:04 | 58.2 |
| 2 (83) | 5:17 | 19 | 2:44 | 107.2 | 8:11 | 16 | 3:31 | 75.4 |
| 3 (109) | 2:19 | 10 | 1:10 | 101.5 | 10:30 | 13 | 4:41 | 80.5 |
| 4 (86) | 18:10 | 21 | 16:40 | 1,111.1 | 28:40 | 20 | 21:01 | 274.7 |
| 5 (89) | 1:14 | 1 | - | - | 29:54 | 20 | 20:46 | 227.4 |
| 6 (124) | 0:59 | 7 | 0:18 | 43.9 | 30:53 | 20 | 20:36 | 200.3 |
| 7 (125) | 11:03 | 20 | 8:38 | 357.2 | 41:56 | 20 | 28:44 | 217.7 |
| 8 (93) | 4:47 | 12 | 2:00 | 71.9 | 46:43 | 20 | 30:11 | 182.6 |
| 9 (115) | 1:16 | 11 | 0:30 | 65.2 | 47:59 | 20 | 30:41 | 177.4 |
| 10 (91) | 4:18 | 19 | 2:28 | 134.6 | 52:17 | 20 | 33:02 | 171.6 |
| 11 (116) | 2:28 | 14 | 0:54 | 57.5 | 54:45 | 20 | 33:45 | 160.7 |
| 12 (117) | 1:26 | 19 | 0:45 | 109.8 | 56:11 | 20 | 34:26 | 158.3 |
| 13 (118) | 5:09 | 21 | 3:46 | 272.3 | 1:01:20 | 20 | 38:12 | 165.1 |
| 14 (99) | 0:39 | 11 | 0:14 | 56.0 | 1:01:59 | 20 | 38:25 | 163.0 |
| 15 (119) | 8:11 | 20 | 5:25 | 195.8 | 1:10:10 | 20 | 43:00 | 158.3 |
| 16 (53) | 1:00 | 10 | 0:11 | 22.5 | 1:11:10 | 20 | 43:04 | 153.3 |
| 17 (103) | 2:36 | 9 | 1:02 | 66.0 | 1:13:46 | 20 | 43:29 | 143.6 |
| 18 (126) | 1:05 | 4 | 0:10 | 18.2 | 1:14:51 | 20 | 43:03 | 135.4 |
| 19 (100) | 0:58 | 12 | 0:10 | 20.8 | 1:15:49 | 20 | 43:10 | 132.2 |
| Finish | 0:23 | 4 | 0:02 | 9.5 | 1:16:12 | 20 | 43:08 | 130.4 |