



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Gvildiene, Virginija

Club: Medeina OK

Total time: 33:44

Running performance: 8:56 min/km

Course: 3.77 km / 18 Controls

Category:

Women 55-

Rank in category: 1(of 20)

Best time in the category: 33:44

Behind: -

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (134)	4:23	3	0:17	6.9	4:23	3	0:17	6.9
2 (85)	4:04	2	0:13	5.6	8:27	1	-	-
3 (109)	1:32	1	-	-	9:59	1	-	-
4 (84)	0:51	5	0:13	34.2	10:50	1	-	-
5 (124)	1:45	1	-	-	12:35	1	-	-
6 (114)	4:17	1	-	-	16:52	1	-	-
7 (92)	1:25	2	0:10	13.3	18:17	1	-	-
8 (133)	2:39	1	-	-	20:56	1	-	-
9 (117)	1:37	2	0:16	19.8	22:33	1	-	-
10 (98)	1:02	1	-	-	23:35	1	-	-
11 (118)	1:25	3	0:02	2.4	25:00	1	-	-
12 (101)	2:53	2	0:12	7.5	27:53	1	-	-
13 (53)	1:41	6	0:08	8.6	29:34	1	-	-
14 (120)	1:22	3	0:02	2.5	30:56	1	-	-
15 (126)	0:41	3	0:06	17.1	31:37	1	-	-
16 (131)	0:33	4	0:06	22.2	32:10	1	-	-
17 (132)	0:31	5	0:05	19.2	32:41	1	-	-
18 (100)	0:34	6	0:03	9.7	33:15	1	-	-
Finish	0:29	4	0:02	7.4	33:44	1	-	-