



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Tāse, Ilze

Club: Ogre OK/SC

Total time: 45:46

Running performance: 12:08 min/km

Course: 3.77 km / 18 Controls

Category:

Women 55-

Rank in category: 7(of 20)

Best time in the category: 33:44

Behind: 12:02

Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (134) | 6:43 | 10 | 2:37 | 63.8 | 6:43 | 10 | 2:37 | 63.8 |
| 2 (85) | 4:08 | 4 | 0:17 | 7.4 | 10:51 | 5 | 2:24 | 28.4 |
| 3 (109) | 1:42 | 6 | 0:10 | 10.9 | 12:33 | 4 | 2:34 | 25.7 |
| 4 (84) | 1:07 | 12 | 0:29 | 76.3 | 13:40 | 5 | 2:50 | 26.2 |
| 5 (124) | 2:15 | 9 | 0:30 | 28.6 | 15:55 | 6 | 3:20 | 26.5 |
| 6 (114) | 5:30 | 7 | 1:13 | 28.4 | 21:25 | 5 | 4:33 | 27.0 |
| 7 (92) | 1:37 | 6 | 0:22 | 29.3 | 23:02 | 5 | 4:45 | 26.0 |
| 8 (133) | 3:23 | 7 | 0:44 | 27.7 | 26:25 | 4 | 5:29 | 26.2 |
| 9 (117) | 2:02 | 8 | 0:41 | 50.6 | 28:27 | 4 | 5:54 | 26.2 |
| 10 (98) | 1:16 | 9 | 0:14 | 22.6 | 29:43 | 4 | 6:08 | 26.0 |
| 11 (118) | 1:37 | 8 | 0:14 | 16.9 | 31:20 | 4 | 6:20 | 25.3 |
| 12 (101) | 3:40 | 13 | 0:59 | 36.7 | 35:00 | 4 | 7:07 | 25.5 |
| 13 (53) | 2:02 | 11 | 0:29 | 31.2 | 37:02 | 4 | 7:28 | 25.3 |
| 14 (120) | 5:34 | 19 | 4:14 | 317.5 | 42:36 | 6 | 11:40 | 37.7 |
| 15 (126) | 0:47 | 10 | 0:12 | 34.3 | 43:23 | 6 | 11:46 | 37.2 |
| 16 (131) | 0:38 | 9 | 0:11 | 40.7 | 44:01 | 7 | 11:51 | 36.8 |
| 17 (132) | 0:31 | 5 | 0:05 | 19.2 | 44:32 | 7 | 11:51 | 36.3 |
| 18 (100) | 0:38 | 9 | 0:07 | 22.6 | 45:10 | 7 | 11:55 | 35.8 |
| Finish | 0:36 | 14 | 0:09 | 33.3 | 45:46 | 7 | 12:02 | 35.7 |