



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Grunde, Ligita

Club: Kāpa OK

Total time: 39:05

Running performance: 10:28 min/km

Course: 3.73 km / 17 Controls

Category:

Women 60-

Rank in category: 1(of 11)

Best time in the category: 39:05

Behind: -

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (82)	3:09	1	-	-	3:09	1	-	-
2 (87)	2:44	3	0:22	15.5	5:53	2	0:04	1.2
3 (129)	1:26	4	0:07	8.9	7:19	2	0:11	2.6
4 (86)	1:59	2	0:21	21.4	9:18	2	0:32	6.1
5 (89)	1:43	2	0:04	4.0	11:01	2	0:36	5.8
6 (109)	3:01	4	0:22	13.8	14:02	1	-	-
7 (84)	0:53	4	0:05	10.4	14:55	1	-	-
8 (111)	2:33	2	0:01	0.7	17:28	1	-	-
9 (94)	3:29	4	0:26	14.2	20:57	1	-	-
10 (115)	3:10	3	0:24	14.5	24:07	1	-	-
11 (96)	2:43	4	0:21	14.8	26:50	1	-	-
12 (116)	1:43	3	0:09	9.6	28:33	1	-	-
13 (78)	6:06	2	0:49	15.5	34:39	1	-	-
14 (53)	0:58	3	0:02	3.6	35:37	1	-	-
15 (120)	1:34	3	0:07	8.1	37:11	1	-	-
16 (131)	0:46	1	-	-	37:57	1	-	-
17 (100)	0:38	3	0:03	8.6	38:35	1	-	-
Finish	0:30	2	0:01	3.5	39:05	1	-	-