



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

## Detailed evaluation

Lazareva, Natalia

Club: OK Kaliningrad

Total time: 55:57

Running performance: 15:00 min/km

Course: 3.73 km / 17 Controls

Category:

Women 60-

Rank in category: 6(of 11)

Best time in the category: 39:05

Behind: 16:52

## Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (82)	5:11	6	2:02	64.6	5:11	6	2:02	64.6
2 (87)	3:00	4	0:38	26.8	8:11	4	2:22	40.7
3 (129)	1:44	5	0:25	31.7	9:55	4	2:47	39.0
4 (86)	2:14	4	0:36	36.7	12:09	3	3:23	38.6
5 (89)	2:03	6	0:24	24.2	14:12	3	3:47	36.3
6 (109)	4:14	7	1:35	59.8	18:26	3	4:24	31.4
7 (84)	1:05	8	0:17	35.4	19:31	3	4:36	30.8
8 (111)	3:34	8	1:02	40.8	23:05	3	5:37	32.2
9 (94)	10:06	10	7:03	231.2	33:11	6	12:14	58.4
10 (115)	3:45	7	0:59	35.5	36:56	6	12:49	53.1
11 (96)	3:42	9	1:20	56.3	40:38	6	13:48	51.4
12 (116)	1:53	5	0:19	20.2	42:31	6	13:58	48.9
13 (78)	7:20	8	2:03	38.8	49:51	6	15:12	43.9
14 (53)	1:11	6	0:15	26.8	51:02	6	15:25	43.3
15 (120)	2:09	8	0:42	48.3	53:11	6	16:00	43.0
16 (131)	1:11	8	0:25	54.4	54:22	6	16:25	43.3
17 (100)	0:56	7	0:21	60.0	55:18	6	16:43	43.3
Finish	0:39	9	0:10	34.5	55:57	6	16:52	43.2