



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Sanderud, Jorunn

Club: Nydalen SK

Total time: 1:00:05

Running performance: 16:06 min/km

Course: 3.73 km / 17 Controls

Category:

Women 60-

Rank in category: 7(of 11)

Best time in the category: 39:05

Behind: 21:00

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (82)	3:28	3	0:19	10.1	3:28	3	0:19	10.1
2 (87)	8:19	9	5:57	251.4	11:47	7	5:58	102.6
3 (129)	2:30	9	1:11	89.9	14:17	7	7:09	100.2
4 (86)	11:23	11	9:45	596.9	25:40	10	16:54	192.8
5 (89)	1:48	5	0:09	9.1	27:28	10	17:03	163.7
6 (109)	2:52	3	0:13	8.2	30:20	8	16:18	116.2
7 (84)	0:48	1	-	-	31:08	8	16:13	108.7
8 (111)	2:57	6	0:25	16.5	34:05	8	16:37	95.1
9 (94)	6:17	8	3:14	106.0	40:22	8	19:25	92.7
10 (115)	3:25	6	0:39	23.5	43:47	8	19:40	81.6
11 (96)	3:17	7	0:55	38.7	47:04	8	20:14	75.4
12 (116)	2:00	6	0:26	27.7	49:04	7	20:31	71.9
13 (78)	6:27	6	1:10	22.1	55:31	7	20:52	60.2
14 (53)	0:57	2	0:01	1.8	56:28	7	20:51	58.5
15 (120)	1:27	1	-	-	57:55	7	20:44	55.8
16 (131)	1:05	6	0:19	41.3	59:00	7	21:03	55.5
17 (100)	0:35	1	-	-	59:35	7	21:00	54.4
Finish	0:30	2	0:01	3.5	1:00:05	7	21:00	53.7