



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Malmsten, Beatrice

Club: Lynx

Total time: 55:43

Running performance: 14:56 min/km

Course: 3.73 km / 17 Controls

Category:

Women 65-

Rank in category: 4(of 12)

Best time in the category: 37:48

Behind: 17:55

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (82)	4:36	4	1:05	30.8	4:36	4	1:05	30.8
2 (87)	4:08	8	1:41	68.7	8:44	4	2:46	46.4
3 (129)	1:53	4	0:33	41.3	10:37	4	3:05	40.9
4 (86)	2:37	4	1:15	91.5	13:14	2	4:20	48.7
5 (89)	2:13	5	0:36	37.1	15:27	2	4:56	46.9
6 (109)	4:23	7	1:54	76.5	19:50	2	6:50	52.6
7 (84)	2:06	12	1:24	200.0	21:56	2	8:04	58.2
8 (111)	3:45	5	1:03	38.9	25:41	2	9:07	55.0
9 (94)	5:37	7	2:35	85.2	31:18	3	11:32	58.4
10 (115)	4:53	10	1:43	54.2	36:11	4	13:15	57.8
11 (96)	4:07	11	2:04	100.8	40:18	4	15:19	61.3
12 (116)	2:34	9	1:02	67.4	42:52	4	16:21	61.7
13 (78)	7:32	4	1:35	26.6	50:24	4	17:14	52.0
14 (53)	1:04	4	0:09	16.4	51:28	4	17:23	51.0
15 (120)	1:52	5	0:13	13.1	53:20	4	17:28	48.7
16 (131)	1:01	7	0:16	35.6	54:21	4	17:44	48.4
17 (100)	0:46	4	0:08	21.1	55:07	4	17:52	48.0
Finish	0:36	6	0:03	9.1	55:43	4	17:55	47.4