



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Goodair, Judith

Club: EPOC

Total time: 2:24:20

Running performance: 38:41 min/km

Course: 3.73 km / 17 Controls

Category:

Women 70-

Rank in category: 9(of 11)

Best time in the category: 45:47

Behind: 1:38:33

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (82)	7:53	8	4:13	115.0	7:53	8	4:13	115.0
2 (87)	26:32	11	23:26	755.9	34:25	11	27:37	406.1
3 (129)	2:39	7	0:29	22.3	37:04	11	27:51	302.2
4 (86)	3:53	6	1:39	73.9	40:57	11	29:27	256.1
5 (89)	43:01	11	40:59	2,015.6	1:23:58	11	1:10:26	520.4
6 (109)	5:05	7	2:13	77.3	1:29:03	11	1:12:39	443.0
7 (84)	1:31	10	0:34	59.7	1:30:34	11	1:13:13	422.0
8 (111)	14:47	11	11:33	357.2	1:45:21	11	1:24:43	410.6
9 (94)	4:10	3	0:29	13.1	1:49:31	11	1:25:12	350.4
10 (115)	8:19	10	5:07	159.9	1:57:50	10	1:30:19	328.2
11 (96)	3:13	5	0:32	19.9	2:01:03	9	1:30:39	298.2
12 (116)	4:50	8	3:10	190.0	2:05:53	9	1:33:49	292.6
13 (78)	12:08	7	5:22	79.3	2:18:01	9	1:36:38	233.5
14 (53)	1:19	5	0:15	23.4	2:19:20	9	1:36:53	228.2
15 (120)	2:17	5	0:55	67.1	2:21:37	9	1:37:48	223.2
16 (131)	1:16	7	0:24	46.2	2:22:53	9	1:38:12	219.8
17 (100)	0:53	5	0:17	47.2	2:23:46	9	1:38:28	217.4
Finish	0:34	2	0:05	17.2	2:24:20	9	1:38:33	215.3