



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Mikulovs, Ruslans

Club: Stiga OK

Total time: 46:02

Running performance: 8:30 min/km

Course: 5.41 km / 26 Controls

Category:

Men 35-

Rank in category: 16(of 33)

Best time in the category: 35:14

Behind: 10:48

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (81)	1:48	6	0:07	6.9	1:48	6	0:07	6.9
2 (82)	0:53	24	0:21	65.6	2:41	9	0:24	17.5
3 (83)	3:09	13	0:55	41.0	5:50	9	0:53	17.9
4 (84)	1:09	11	0:14	25.5	6:59	10	1:00	16.7
5 (85)	1:40	19	0:38	61.3	8:39	7	1:28	20.4
6 (86)	1:19	5	0:17	27.4	9:58	7	1:40	20.1
7 (87)	2:11	28	1:09	111.3	12:09	7	2:45	29.3
8 (88)	2:52	21	0:56	48.3	15:01	9	3:22	28.9
9 (89)	2:09	24	0:45	53.6	17:10	10	4:02	30.7
10 (90)	2:14	23	0:27	25.2	19:24	12	4:23	29.2
11 (91)	3:14	19	0:50	34.7	22:38	13	4:53	27.5
12 (92)	1:25	15	0:14	19.7	24:03	13	5:00	26.3
13 (93)	2:32	30	1:24	123.5	26:35	13	6:09	30.1
14 (94)	1:38	18	0:32	48.5	28:13	13	6:30	29.9
15 (95)	3:26	32	2:29	261.4	31:39	17	8:43	38.0
16 (96)	1:48	19	0:27	33.3	33:27	16	8:38	34.8
17 (97)	1:33	14	0:22	31.0	35:00	17	8:58	34.4
18 (98)	0:52	16	0:09	20.9	35:52	17	9:01	33.6
19 (99)	0:59	27	0:21	55.3	36:51	17	9:15	33.5
20 (101)	2:28	19	0:28	23.3	39:19	16	9:34	32.2
21 (78)	0:57	25	0:14	32.6	40:16	16	9:43	31.8
22 (53)	0:44	23	0:10	29.4	41:00	16	9:51	31.6
23 (102)	1:05	13	0:16	32.7	42:05	16	10:00	31.2
24 (103)	2:03	18	0:45	57.7	44:08	16	10:32	31.4
25 (104)	1:00	21	0:14	30.4	45:08	16	10:44	31.2
26 (100)	0:32	16	0:07	28.0	45:40	16	10:46	30.9
Finish	0:22	20	0:05	29.4	46:02	16	10:48	30.7