



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

## Detailed evaluation

Konanov, Dmitrijs

Club: Yarkij Mir

Total time: 42:50

Running performance: 7:59 min/km

Course: 5.36 km / 24 Controls

Category:

Men 40-

Rank in category: 26(of 47)

Best time in the category: 30:19

Behind: 12:31

## Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (105)  | 1:37       | 7        | 0:06        | 6.6      | 1:37       | 7        | 0:06        | 6.6      |
| 2 (130)  | 1:43       | 41       | 1:21        | 368.2    | 3:20       | 35       | 1:20        | 66.7     |
| 3 (81)   | 3:13       | 38       | 1:49        | 129.8    | 6:33       | 33       | 3:08        | 91.7     |
| 4 (134)  | 0:59       | 9        | 0:08        | 15.7     | 7:32       | 32       | 3:16        | 76.6     |
| 5 (107)  | 2:46       | 24       | 0:44        | 36.1     | 10:18      | 29       | 3:54        | 60.9     |
| 6 (88)   | 1:44       | 21       | 0:25        | 31.7     | 12:02      | 26       | 4:19        | 55.9     |
| 7 (111)  | 0:58       | 16       | 0:10        | 20.8     | 13:00      | 26       | 4:28        | 52.3     |
| 8 (108)  | 4:06       | 38       | 2:34        | 167.4    | 17:06      | 29       | 7:02        | 69.9     |
| 9 (129)  | 1:09       | 40       | 0:26        | 60.5     | 18:15      | 29       | 7:28        | 69.2     |
| 10 (91)  | 3:47       | 23       | 0:58        | 34.3     | 22:02      | 29       | 8:22        | 61.2     |
| 11 (94)  | 1:07       | 32       | 0:25        | 59.5     | 23:09      | 30       | 8:24        | 57.0     |
| 12 (112) | 1:15       | 9        | 0:09        | 13.6     | 24:24      | 28       | 8:33        | 53.9     |
| 13 (90)  | 1:06       | 15       | 0:17        | 34.7     | 25:30      | 28       | 8:46        | 52.4     |
| 14 (125) | 0:36       | 13       | 0:09        | 33.3     | 26:06      | 27       | 8:49        | 51.0     |
| 15 (92)  | 3:47       | 32       | 1:03        | 38.4     | 29:53      | 25       | 9:35        | 47.2     |
| 16 (133) | 2:10       | 19       | 0:34        | 35.4     | 32:03      | 25       | 10:07       | 46.1     |
| 17 (117) | 1:16       | 23       | 0:20        | 35.7     | 33:19      | 25       | 10:21       | 45.1     |
| 18 (98)  | 0:45       | 12       | 0:05        | 12.5     | 34:04      | 24       | 10:26       | 44.2     |
| 19 (128) | 3:50       | 39       | 1:20        | 53.3     | 37:54      | 27       | 11:43       | 44.8     |
| 20 (78)  | 0:19       | 17       | 0:03        | 18.8     | 38:13      | 27       | 11:45       | 44.4     |
| 21 (53)  | 0:41       | 16       | 0:08        | 24.2     | 38:54      | 27       | 11:53       | 44.0     |
| 22 (121) | 1:25       | 14       | 0:17        | 25.0     | 40:19      | 26       | 12:08       | 43.1     |
| 23 (104) | 1:40       | 26       | 0:20        | 25.0     | 41:59      | 26       | 12:28       | 42.2     |
| 24 (100) | 0:30       | 15       | 0:05        | 20.0     | 42:29      | 26       | 12:30       | 41.7     |
| Finish   | 0:21       | 16       | 0:03        | 16.7     | 42:50      | 26       | 12:31       | 41.3     |