



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

## Detailed evaluation

**GNIEDOV, VOLODYMYR**

Club: Ukraine

Total time: 1:07:31

Running performance: 12:35 min/km

Course: 5.36 km / 24 Controls

Category:

Men 40-

Rank in category: 42(of 47)

Best time in the category: 30:19

Behind: 37:12

## Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (105)	2:51	39	1:20	87.9	2:51	39	1:20	87.9
2 (130)	3:14	43	2:52	781.8	6:05	42	4:05	204.2
3 (81)	2:45	34	1:21	96.4	8:50	41	5:25	158.5
4 (134)	1:14	27	0:23	45.1	10:04	41	5:48	135.9
5 (107)	6:47	42	4:45	233.6	16:51	43	10:27	163.3
6 (88)	2:39	35	1:20	101.3	19:30	43	11:47	152.7
7 (111)	1:26	42	0:38	79.2	20:56	43	12:24	145.3
8 (108)	3:38	35	2:06	137.0	24:34	40	14:30	144.0
9 (129)	1:04	37	0:21	48.8	25:38	40	14:51	137.7
10 (91)	15:03	44	12:14	434.3	40:41	42	27:01	197.7
11 (94)	1:21	41	0:39	92.9	42:02	42	27:17	185.0
12 (112)	1:51	38	0:45	68.2	43:53	42	28:02	176.9
13 (90)	1:40	42	0:51	104.1	45:33	42	28:49	172.2
14 (125)	0:45	35	0:18	66.7	46:18	42	29:01	167.9
15 (92)	3:59	36	1:15	45.7	50:17	42	29:59	147.7
16 (133)	4:50	42	3:14	202.1	55:07	42	33:11	151.3
17 (117)	1:30	35	0:34	60.7	56:37	42	33:39	146.5
18 (98)	1:29	43	0:49	122.5	58:06	42	34:28	145.8
19 (128)	3:47	38	1:17	51.3	1:01:53	42	35:42	136.4
20 (78)	0:24	39	0:08	50.0	1:02:17	42	35:49	135.3
21 (53)	0:46	31	0:13	39.4	1:03:03	42	36:02	133.4
22 (121)	1:57	37	0:49	72.1	1:05:00	42	36:49	130.6
23 (104)	1:37	18	0:17	21.3	1:06:37	42	37:06	125.7
24 (100)	0:30	15	0:05	20.0	1:07:07	42	37:08	123.9
Finish	0:24	29	0:06	33.3	1:07:31	42	37:12	122.7