



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

## Detailed evaluation

Freidenfelds, Valters

Club: Ziemeļkurzeme OK

Total time: 38:32

Running performance: 7:11 min/km

Course: 5.36 km / 24 Controls

Category:

Men 45-

Rank in category: 6(of 38)

Best time in the category: 32:38

Behind: 5:54

## Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (105)  | 1:55       | 10       | 0:14        | 13.9     | 1:55       | 10       | 0:14        | 13.9     |
| 2 (130)  | 0:29       | 5        | 0:05        | 20.8     | 2:24       | 6        | 0:09        | 6.7      |
| 3 (81)   | 1:41       | 3        | 0:13        | 14.8     | 4:05       | 3        | 0:22        | 9.9      |
| 4 (134)  | 1:01       | 4        | 0:08        | 15.1     | 5:06       | 4        | 0:29        | 10.5     |
| 5 (107)  | 2:19       | 2        | 0:06        | 4.5      | 7:25       | 3        | 0:10        | 2.3      |
| 6 (88)   | 2:18       | 22       | 0:56        | 68.3     | 9:43       | 5        | 0:48        | 9.0      |
| 7 (111)  | 1:05       | 8        | 0:11        | 20.4     | 10:48      | 4        | 0:49        | 8.2      |
| 8 (108)  | 1:58       | 5        | 0:20        | 20.4     | 12:46      | 4        | 1:09        | 9.9      |
| 9 (129)  | 0:48       | 2        | 0:01        | 2.1      | 13:34      | 4        | 1:04        | 8.5      |
| 10 (91)  | 3:22       | 7        | 0:27        | 15.4     | 16:56      | 3        | 1:21        | 8.7      |
| 11 (94)  | 0:48       | 3        | 0:02        | 4.4      | 17:44      | 3        | 1:16        | 7.7      |
| 12 (112) | 1:20       | 5        | 0:06        | 8.1      | 19:04      | 3        | 1:22        | 7.7      |
| 13 (90)  | 1:01       | 4        | 0:08        | 15.1     | 20:05      | 3        | 1:23        | 7.4      |
| 14 (125) | 0:35       | 2        | 0:05        | 16.7     | 20:40      | 3        | 1:28        | 7.6      |
| 15 (92)  | 3:19       | 6        | 0:26        | 15.0     | 23:59      | 3        | 1:54        | 8.6      |
| 16 (133) | 4:58       | 31       | 3:12        | 181.1    | 28:57      | 6        | 5:06        | 21.4     |
| 17 (117) | 1:16       | 11       | 0:15        | 24.6     | 30:13      | 6        | 5:21        | 21.5     |
| 18 (98)  | 0:50       | 10       | 0:10        | 25.0     | 31:03      | 6        | 5:31        | 21.6     |
| 19 (128) | 2:46       | 1        | -           | -        | 33:49      | 6        | 5:21        | 18.8     |
| 20 (78)  | 0:20       | 14       | 0:06        | 42.9     | 34:09      | 6        | 5:25        | 18.9     |
| 21 (53)  | 0:37       | 3        | 0:01        | 2.8      | 34:46      | 6        | 5:25        | 18.5     |
| 22 (121) | 1:17       | 3        | 0:07        | 10.0     | 36:03      | 6        | 5:32        | 18.1     |
| 23 (104) | 1:36       | 7        | 0:17        | 21.5     | 37:39      | 6        | 5:49        | 18.3     |
| 24 (100) | 0:33       | 6        | 0:06        | 22.2     | 38:12      | 6        | 5:55        | 18.3     |
| Finish   | 0:20       | 3        | 0:02        | 11.1     | 38:32      | 6        | 5:54        | 18.1     |