



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Heinrihsons, Arnis

Club: Auseklis IK

Total time: 52:33

Running performance: 9:48 min/km

Course: 5.36 km / 24 Controls

Category:

Men 45-

Rank in category: 20(of 38)

Best time in the category: 32:38

Behind: 19:55

Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (105) | 2:21 | 14 | 0:40 | 39.6 | 2:21 | 14 | 0:40 | 39.6 |
| 2 (130) | 1:31 | 32 | 1:07 | 279.2 | 3:52 | 23 | 1:37 | 71.9 |
| 3 (81) | 1:54 | 10 | 0:26 | 29.6 | 5:46 | 15 | 2:03 | 55.2 |
| 4 (134) | 2:26 | 31 | 1:33 | 175.5 | 8:12 | 23 | 3:35 | 77.6 |
| 5 (107) | 8:11 | 30 | 5:58 | 269.2 | 16:23 | 26 | 9:08 | 126.0 |
| 6 (88) | 1:47 | 15 | 0:25 | 30.5 | 18:10 | 25 | 9:15 | 103.7 |
| 7 (111) | 2:10 | 29 | 1:16 | 140.7 | 20:20 | 25 | 10:21 | 103.7 |
| 8 (108) | 2:17 | 15 | 0:39 | 39.8 | 22:37 | 22 | 11:00 | 94.7 |
| 9 (129) | 1:03 | 21 | 0:16 | 34.0 | 23:40 | 22 | 11:10 | 89.3 |
| 10 (91) | 4:22 | 17 | 1:27 | 49.7 | 28:02 | 22 | 12:27 | 79.9 |
| 11 (94) | 1:02 | 20 | 0:16 | 34.8 | 29:04 | 22 | 12:36 | 76.5 |
| 12 (112) | 1:44 | 24 | 0:30 | 40.5 | 30:48 | 22 | 13:06 | 74.0 |
| 13 (90) | 1:21 | 26 | 0:28 | 52.8 | 32:09 | 22 | 13:27 | 71.9 |
| 14 (125) | 1:23 | 32 | 0:53 | 176.7 | 33:32 | 22 | 14:20 | 74.7 |
| 15 (92) | 3:58 | 15 | 1:05 | 37.6 | 37:30 | 20 | 15:25 | 69.8 |
| 16 (133) | 2:30 | 20 | 0:44 | 41.5 | 40:00 | 20 | 16:09 | 67.7 |
| 17 (117) | 1:33 | 19 | 0:32 | 52.5 | 41:33 | 20 | 16:41 | 67.1 |
| 18 (98) | 0:54 | 18 | 0:14 | 35.0 | 42:27 | 20 | 16:55 | 66.3 |
| 19 (128) | 4:24 | 27 | 1:38 | 59.0 | 46:51 | 20 | 18:23 | 64.6 |
| 20 (78) | 0:20 | 14 | 0:06 | 42.9 | 47:11 | 20 | 18:27 | 64.2 |
| 21 (53) | 0:49 | 25 | 0:13 | 36.1 | 48:00 | 20 | 18:39 | 63.5 |
| 22 (121) | 1:37 | 20 | 0:27 | 38.6 | 49:37 | 21 | 19:06 | 62.6 |
| 23 (104) | 1:56 | 22 | 0:37 | 46.8 | 51:33 | 21 | 19:43 | 61.9 |
| 24 (100) | 0:35 | 15 | 0:08 | 29.6 | 52:08 | 21 | 19:51 | 61.5 |
| Finish | 0:25 | 19 | 0:07 | 38.9 | 52:33 | 20 | 19:55 | 61.0 |