



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

## Detailed evaluation

Miasnikov, Sergei

Club: OK Kaliningrad

Total time: 1:11:32

Running performance: 19:29 min/km

Course: 3.67 km / 18 Controls

Category:

Men 65-

Rank in category: 15(of 15)

Best time in the category: 29:38

Behind: 41:54

## Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (127)  | 5:55       | 12       | 3:13        | 119.1    | 5:55       | 12       | 3:13        | 119.1    |
| 2 (87)   | 7:01       | 15       | 4:38        | 194.4    | 12:56      | 14       | 7:51        | 154.4    |
| 3 (108)  | 7:27       | 14       | 5:56        | 391.2    | 20:23      | 14       | 13:44       | 206.5    |
| 4 (124)  | 4:30       | 14       | 2:45        | 157.1    | 24:53      | 15       | 16:17       | 189.3    |
| 5 (88)   | 1:24       | 11       | 0:30        | 55.6     | 26:17      | 15       | 16:46       | 176.2    |
| 6 (84)   | 4:12       | 13       | 3:16        | 350.0    | 30:29      | 15       | 19:55       | 188.5    |
| 7 (129)  | 2:26       | 11       | 1:07        | 84.8     | 32:55      | 15       | 20:27       | 164.0    |
| 8 (113)  | 8:24       | 10       | 3:48        | 82.6     | 41:19      | 15       | 24:05       | 139.8    |
| 9 (92)   | 2:19       | 13       | 1:09        | 98.6     | 43:38      | 15       | 25:09       | 136.1    |
| 10 (117) | 4:00       | 12       | 1:44        | 76.5     | 47:38      | 15       | 26:43       | 127.7    |
| 11 (97)  | 5:42       | 15       | 5:06        | 850.0    | 53:20      | 15       | 31:27       | 143.7    |
| 12 (99)  | 5:08       | 15       | 4:04        | 381.3    | 58:28      | 15       | 35:31       | 154.8    |
| 13 (101) | 4:06       | 14       | 1:43        | 72.0     | 1:02:34    | 15       | 37:14       | 147.0    |
| 14 (128) | 1:31       | 15       | 0:53        | 139.5    | 1:04:05    | 15       | 38:06       | 146.6    |
| 15 (53)  | 1:25       | 13       | 0:35        | 70.0     | 1:05:30    | 15       | 38:41       | 144.3    |
| 16 (120) | 3:08       | 15       | 2:02        | 184.9    | 1:08:38    | 15       | 40:37       | 145.0    |
| 17 (104) | 1:23       | 15       | 0:39        | 88.6     | 1:10:01    | 15       | 41:16       | 143.5    |
| 18 (100) | 1:00       | 14       | 0:29        | 93.6     | 1:11:01    | 15       | 41:45       | 142.7    |
| Finish   | 0:31       | 10       | 0:09        | 40.9     | 1:11:32    | 15       | 41:54       | 141.4    |