



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Rønning, Øystein

Club: Nydalen SK

Total time: 36:22

Running performance: 12:17 min/km

Course: 2.96 km / 13 Controls

Category:

OPEN1

Rank in category: 2(of 10)

Best time in the category: 35:27

Behind: 0:55

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (138)	2:27	2	0:06	4.3	2:27	2	0:06	4.3
2 (130)	2:06	2	0:03	2.4	4:33	1	-	-
3 (135)	2:05	2	0:01	0.8	6:38	1	-	-
4 (136)	3:32	3	0:26	14.0	10:10	2	0:21	3.6
5 (95)	4:19	4	1:26	49.7	14:29	2	0:56	6.9
6 (133)	3:03	2	0:30	19.6	17:32	1	-	-
7 (137)	3:30	2	0:44	26.5	21:02	1	-	-
8 (78)	4:43	2	0:56	24.7	25:45	1	-	-
9 (53)	1:27	4	0:28	47.5	27:12	1	-	-
10 (121)	3:00	5	0:40	28.6	30:12	2	0:02	0.1
11 (122)	2:24	3	0:24	20.0	32:36	2	0:15	0.8
12 (131)	2:10	4	0:23	21.5	34:46	2	0:38	1.9
13 (100)	0:57	5	0:25	78.1	35:43	2	0:47	2.2
Finish	0:39	5	0:17	77.3	36:22	2	0:55	2.6