



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Exploitation détaillée

Lupiķis, Ainārs

Association: Kāpa OK

Temps total: 38:00

Kilométrage: 6:05 min/km

Circuit: 6.23 km / 28 Postes

Catégorie:

Men -21E

Place par catégorie: 35(de 73)

Meilleur temps dans la catégorie: 29:35

Retard: 8:25

Temps intermédiaires

| Postes | Etape Temps | Place catg. | Retard catg. | Retard % | Total Temps | Place catg. | Retard catg. | Retard % |
|----------|----------------|----------------|-----------------|-------------|----------------|----------------|-----------------|-------------|
| 1 (31) | 1:48 | 44 | 0:22 | 25.6 | 1:48 | 44 | 0:22 | 25.6 |
| 2 (32) | 1:42 | 7 | 0:12 | 13.3 | 3:30 | 20 | 0:33 | 18.6 |
| 3 (33) | 1:33 | 14 | 0:18 | 24.0 | 5:03 | 17 | 0:47 | 18.4 |
| 4 (34) | 0:33 | 37 | 0:09 | 37.5 | 5:36 | 18 | 0:56 | 20.0 |
| 5 (35) | 1:47 | 18 | 0:20 | 23.0 | 7:23 | 13 | 1:16 | 20.7 |
| 6 (36) | 3:48 | 56 | 2:12 | 137.5 | 11:11 | 39 | 3:24 | 43.7 |
| 7 (37) | 1:00 | 31 | 0:15 | 33.3 | 12:11 | 38 | 3:35 | 41.7 |
| 8 (38) | 0:59 | 20 | 0:09 | 18.0 | 13:10 | 36 | 3:44 | 39.6 |
| 9 (39) | 3:03 | 69 | 2:35 | 553.6 | 16:13 | 51 | 6:05 | 60.0 |
| 10 (40) | 1:33 | 18 | 0:16 | 20.8 | 17:46 | 46 | 6:14 | 54.1 |
| 11 (41) | 1:25 | 19 | 0:12 | 16.4 | 19:11 | 42 | 6:24 | 50.1 |
| 12 (42) | 1:05 | 27 | 0:18 | 38.3 | 20:16 | 39 | 6:42 | 49.4 |
| 13 (43) | 1:04 | 22 | 0:10 | 18.5 | 21:20 | 38 | 6:52 | 47.5 |
| 14 (44) | 0:52 | 60 | 0:24 | 85.7 | 22:12 | 40 | 7:15 | 48.5 |
| 15 (45) | 1:21 | 43 | 0:22 | 37.3 | 23:33 | 41 | 7:37 | 47.8 |
| 16 (46) | 0:46 | 9 | 0:04 | 9.5 | 24:19 | 38 | 7:41 | 46.2 |
| 17 (47) | 1:35 | 28 | 0:17 | 21.8 | 25:54 | 36 | 7:58 | 44.4 |
| 18 (48) | 1:07 | 61 | 0:34 | 103.0 | 27:01 | 40 | 7:42 | 39.9 |
| 19 (49) | 0:23 | 42 | 0:05 | 27.8 | 27:24 | 41 | 7:47 | 39.7 |
| 20 (50) | 1:19 | 37 | 0:16 | 25.4 | 28:43 | 40 | 8:03 | 39.0 |
| 21 (51) | 1:04 | 29 | 0:11 | 20.8 | 29:47 | 39 | 8:09 | 37.7 |
| 22 (52) | 0:57 | 27 | 0:09 | 18.8 | 30:44 | 38 | 7:52 | 34.4 |
| 23 (53) | 2:39 | 20 | 0:19 | 13.6 | 33:23 | 36 | 8:11 | 32.5 |
| 24 (54) | 1:01 | 23 | 0:10 | 19.6 | 34:24 | 35 | 8:05 | 30.7 |
| 25 (55) | 0:32 | 13 | 0:05 | 18.5 | 34:56 | 35 | 8:06 | 30.2 |
| 26 (56) | 0:46 | 16 | 0:05 | 12.2 | 35:42 | 35 | 8:05 | 29.3 |
| 27 (57) | 1:13 | 47 | 0:15 | 25.9 | 36:55 | 35 | 8:17 | 28.9 |
| 28 (100) | 0:47 | 44 | 0:13 | 38.2 | 37:42 | 35 | 8:24 | 28.7 |
| Arrivée | 0:18 | 22 | 0:03 | 20.0 | 38:00 | 35 | 8:25 | 28.5 |