



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

## Detalizēti rezultāti

Haverstad, Helga

Klubs: Lierbygda O-lag

Kopējais laiks: 45:24

Skrējiena izpildījums: 12:02 min/km

Posms: 3.77 km / 18 Controls

Grupa:

Women 55-

Vieta grupā: 6(no 20)

Grupas labākais laiks: 33:44

Starpība: 11:40

## Vidējie laiki

| Controls | Posma<br>Laiks | Vieta<br>grupā | iztrūkums<br>grupā | iztrūkums<br>% | Kopā<br>Laiks | Vieta<br>grupā | iztrūkums<br>grupā | iztrūkums<br>% |
|----------|----------------|----------------|--------------------|----------------|---------------|----------------|--------------------|----------------|
| 1 (134)  | 9:58           | 15             | 5:52               | 143.1          | 9:58          | 15             | 5:52               | 143.1          |
| 2 (85)   | 4:06           | 3              | 0:15               | 6.5            | 14:04         | 9              | 5:37               | 66.5           |
| 3 (109)  | 1:35           | 2              | 0:03               | 3.3            | 15:39         | 9              | 5:40               | 56.8           |
| 4 (84)   | 0:52           | 6              | 0:14               | 36.8           | 16:31         | 9              | 5:41               | 52.5           |
| 5 (124)  | 1:55           | 4              | 0:10               | 9.5            | 18:26         | 8              | 5:51               | 46.5           |
| 6 (114)  | 5:22           | 4              | 1:05               | 25.3           | 23:48         | 6              | 6:56               | 41.1           |
| 7 (92)   | 3:54           | 16             | 2:39               | 212.0          | 27:42         | 7              | 9:25               | 51.5           |
| 8 (133)  | 3:11           | 4              | 0:32               | 20.1           | 30:53         | 7              | 9:57               | 47.5           |
| 9 (117)  | 1:51           | 6              | 0:30               | 37.0           | 32:44         | 7              | 10:11              | 45.2           |
| 10 (98)  | 1:03           | 2              | 0:01               | 1.6            | 33:47         | 7              | 10:12              | 43.3           |
| 11 (118) | 1:31           | 5              | 0:08               | 9.6            | 35:18         | 7              | 10:18              | 41.2           |
| 12 (101) | 3:24           | 8              | 0:43               | 26.7           | 38:42         | 7              | 10:49              | 38.8           |
| 13 (53)  | 1:54           | 9              | 0:21               | 22.6           | 40:36         | 7              | 11:02              | 37.3           |
| 14 (120) | 2:05           | 12             | 0:45               | 56.3           | 42:41         | 7              | 11:45              | 38.0           |
| 15 (126) | 0:48           | 11             | 0:13               | 37.1           | 43:29         | 7              | 11:52              | 37.5           |
| 16 (131) | 0:27           | 1              | -                  | -              | 43:56         | 6              | 11:46              | 36.6           |
| 17 (132) | 0:30           | 2              | 0:04               | 15.4           | 44:26         | 6              | 11:45              | 36.0           |
| 18 (100) | 0:31           | 1              | -                  | -              | 44:57         | 6              | 11:42              | 35.2           |
| finišs   | 0:27           | 1              | -                  | -              | 45:24         | 6              | 11:40              | 34.6           |