



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

## Detalizēti rezultāti

Trēziņa, Aija Denija

Klubs: ZVOC-VBSS

Kopējais laiks: 34:03

Skrējiena izpildījums: 10:15 min/km

Posms: 3.32 km / 15 Controls

Grupa:

Women -14

Vieta grupā: 3(no 21)

Grupas labākais laiks: 28:05

Starpība: 5:58

## 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 (130)  | 3:10           | 10             | 1:03               | 49.6           | 3:10          | 10             | 1:03               | 49.6           |
| 2 (135)  | 1:18           | 4              | 0:05               | 6.9            | 4:28          | 5              | 1:06               | 32.7           |
| 3 (83)   | 1:35           | 13             | 1:02               | 187.9          | 6:03          | 6              | 1:57               | 47.6           |
| 4 (111)  | 4:17           | 3              | 0:09               | 3.6            | 10:20         | 3              | 1:09               | 12.5           |
| 5 (95)   | 2:18           | 1              | -                  | -              | 12:38         | 3              | 0:41               | 5.7            |
| 6 (92)   | 1:52           | 2              | 0:03               | 2.8            | 14:30         | 2              | 0:26               | 3.1            |
| 7 (96)   | 1:35           | 5              | 0:07               | 8.0            | 16:05         | 2              | 0:27               | 2.9            |
| 8 (133)  | 6:41           | 14             | 4:53               | 271.3          | 22:46         | 4              | 4:14               | 22.8           |
| 9 (118)  | 1:48           | 3              | 0:04               | 3.9            | 24:34         | 3              | 4:18               | 21.2           |
| 10 (102) | 4:29           | 14             | 1:20               | 42.3           | 29:03         | 3              | 5:35               | 23.8           |
| 11 (53)  | 1:06           | 5              | 0:05               | 8.2            | 30:09         | 3              | 5:29               | 22.2           |
| 12 (126) | 1:53           | 9              | 0:32               | 39.5           | 32:02         | 3              | 6:01               | 23.1           |
| 13 (120) | 0:34           | 4              | 0:04               | 13.3           | 32:36         | 3              | 6:01               | 22.6           |
| 14 (132) | 0:41           | 12             | 0:09               | 28.1           | 33:17         | 3              | 6:03               | 22.2           |
| 15 (100) | 0:25           | 2              | 0:02               | 8.7            | 33:42         | 3              | 6:00               | 21.7           |
| finišs   | 0:21           | 1              | -                  | -              | 34:03         | 3              | 5:58               | 21.3           |