



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Beķeris, Uģis

□□: Madonas BJSS/OK Arona

□□□: 19:27

□□□□: 9:05 min/km

□□: 2.14 km / 9 □□

□□□□:

Men -12

□□□□□: 5(of 21)

□□□□□□□: 17:24

□□: 2:03

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	4:01	8	1:38	68.5	4:01	8	1:38	68.5
2 (136)	5:12	10	2:40	105.3	9:13	8	3:41	66.6
3 (137)	3:09	5	0:46	32.2	12:22	6	2:50	29.7
4 (101)	2:02	3	0:24	24.5	14:24	6	2:47	24.0
5 (128)	0:45	6	0:11	32.4	15:09	6	2:43	21.9
6 (53)	1:09	7	0:23	50.0	16:18	6	2:56	22.0
7 (126)	1:33	4	0:18	24.0	17:51	5	1:53	11.8
8 (132)	0:47	4	0:07	17.5	18:38	5	1:58	11.8
9 (100)	0:25	4	0:02	8.7	19:03	5	1:59	11.6
□□	0:24	10	0:04	20.0	19:27	5	2:03	11.8