



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Aleksāns, Ronalds

□□: Ogre OK/SC

□□□: 32:16

□□□□: 15:04 min/km

□□: 2.14 km / 9 □□

□□□□:

Men -12

□□□□□: 9(of 21)

□□□□□□□: 17:24

□□: 14:52

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	7:01	13	4:38	194.4	7:01	13	4:38	194.4
2 (136)	6:36	14	4:04	160.5	13:37	12	8:05	146.1
3 (137)	7:47	10	5:24	226.6	21:24	10	11:52	124.5
4 (101)	2:07	6	0:29	29.6	23:31	10	11:54	102.4
5 (128)	0:59	9	0:25	73.5	24:30	10	12:04	97.1
6 (53)	0:53	3	0:07	15.2	25:23	10	12:01	89.9
7 (126)	4:23	15	3:08	250.7	29:46	9	13:48	86.4
8 (132)	1:44	14	1:04	160.0	31:30	9	14:50	89.0
9 (100)	0:23	1	-	-	31:53	9	14:49	86.8
□□	0:23	6	0:03	15.0	32:16	9	14:52	85.4