



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Puupponen, Lauri

□□: Espoon Suunta

□□□: 39:52

□□□□: 12:00 min/km

□□: 3.32 km / 15 □□

□□□□:

Men -14

□□□□□: 13(of 28)

□□□□□□: 24:30

□□: 15:22

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	2:44	7	0:47	40.2	2:44	7	0:47	40.2
2 (135)	2:33	20	1:29	139.1	5:17	15	2:09	68.6
3 (83)	1:10	11	0:37	112.1	6:27	12	2:29	62.6
4 (111)	4:50	8	2:07	77.9	11:17	9	3:10	39.0
5 (95)	3:18	15	1:34	90.4	14:35	7	4:42	47.6
6 (92)	5:20	25	3:46	240.4	19:55	8	7:55	66.0
7 (96)	2:08	18	0:49	62.0	22:03	8	8:00	56.9
8 (133)	8:28	24	7:09	543.0	30:31	17	14:54	95.4
9 (118)	1:36	4	0:08	9.1	32:07	15	14:51	86.0
10 (102)	3:09	6	0:21	12.5	35:16	15	15:02	74.3
11 (53)	1:06	7	0:13	24.5	36:22	14	15:15	72.2
12 (126)	1:28	4	0:18	25.7	37:50	13	15:07	66.5
13 (120)	0:31	4	0:04	14.8	38:21	13	15:00	64.2
14 (132)	0:44	19	0:14	46.7	39:05	13	15:14	63.9
15 (100)	0:25	12	0:04	19.1	39:30	13	15:18	63.2
□□	0:22	10	0:04	22.2	39:52	13	15:22	62.7