



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Zariņš, Mārcis

□□: Mona OK

□□□: 50:15

□□□□: 15:08 min/km

□□: 3.32 km / 15 □□

□□□□:

Men -14

□□□□□: 20(of 28)

□□□□□□: 24:30

□□: 25:45

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	3:13	17	1:16	65.0	3:13	17	1:16	65.0
2 (135)	1:40	12	0:36	56.3	4:53	12	1:45	55.9
3 (83)	1:10	11	0:37	112.1	6:03	9	2:05	52.5
4 (111)	8:21	20	5:38	207.4	14:24	14	6:17	77.4
5 (95)	2:47	12	1:03	60.6	17:11	10	7:18	73.9
6 (92)	2:52	19	1:18	83.0	20:03	9	8:03	67.1
7 (96)	6:24	25	5:05	386.1	26:27	16	12:24	88.3
8 (133)	5:19	22	4:00	303.8	31:46	18	16:09	103.4
9 (118)	5:12	20	3:44	254.6	36:58	19	19:42	114.1
10 (102)	6:28	23	3:40	131.0	43:26	20	23:12	114.7
11 (53)	2:30	22	1:37	183.0	45:56	20	24:49	117.5
12 (126)	2:14	18	1:04	91.4	48:10	20	25:27	112.0
13 (120)	0:31	4	0:04	14.8	48:41	20	25:20	108.5
14 (132)	0:44	19	0:14	46.7	49:25	20	25:34	107.2
15 (100)	0:24	10	0:03	14.3	49:49	20	25:37	105.9
□□	0:26	21	0:08	44.4	50:15	20	25:45	105.1