



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Gailis, Zigmārs

□□: Auseklis IK

□□□: 32:37

□□□□: 5:14 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 11(of 73)

□□□□□□: 29:35

□□: 3:02

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:44	37	0:18	20.9	1:44	37	0:18	20.9
2 (32)	1:47	15	0:17	18.9	3:31	21	0:34	19.2
3 (33)	1:39	32	0:24	32.0	5:10	23	0:54	21.1
4 (34)	0:28	10	0:04	16.7	5:38	19	0:58	20.7
5 (35)	1:46	15	0:19	21.8	7:24	14	1:17	21.0
6 (36)	1:52	8	0:16	16.7	9:16	10	1:29	19.1
7 (37)	0:50	11	0:05	11.1	10:06	9	1:30	17.4
8 (38)	0:54	5	0:04	8.0	11:00	8	1:34	16.6
9 (39)	0:30	8	0:02	7.1	11:30	9	1:22	13.5
10 (40)	1:47	43	0:30	39.0	13:17	8	1:45	15.2
11 (41)	1:22	11	0:09	12.3	14:39	9	1:52	14.6
12 (42)	1:06	29	0:19	40.4	15:45	9	2:11	16.1
13 (43)	1:11	40	0:17	31.5	16:56	10	2:28	17.1
14 (44)	0:33	9	0:05	17.9	17:29	10	2:32	17.0
15 (45)	1:09	14	0:10	17.0	18:38	10	2:42	17.0
16 (46)	0:46	9	0:04	9.5	19:24	9	2:46	16.6
17 (47)	1:26	10	0:08	10.3	20:50	8	2:54	16.2
18 (48)	0:49	47	0:16	48.5	21:39	10	2:20	12.1
19 (49)	0:20	6	0:02	11.1	21:59	9	2:22	12.1
20 (50)	1:17	29	0:14	22.2	23:16	8	2:36	12.6
21 (51)	0:56	3	0:03	5.7	24:12	8	2:34	11.9
22 (52)	1:05	47	0:17	35.4	25:17	8	2:25	10.6
23 (53)	2:40	22	0:20	14.3	27:57	11	2:45	10.9
24 (54)	1:02	31	0:11	21.6	28:59	10	2:40	10.1
25 (55)	0:32	13	0:05	18.5	29:31	10	2:41	10.0
26 (56)	0:48	27	0:07	17.1	30:19	10	2:42	9.8
27 (57)	1:11	38	0:13	22.4	31:30	11	2:52	10.0
28 (100)	0:46	41	0:12	35.3	32:16	11	2:58	10.1
□□	0:21	56	0:06	40.0	32:37	11	3:02	10.3