



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Tirlikas, Martynas

□□: Igtisa

□□□: 33:05

□□□□: 5:18 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 13(of 73)

□□□□□□: 29:35

□□: 3:30

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (31) | 1:34 | 16 | 0:08 | 9.3 | 1:34 | 16 | 0:08 | 9.3 |
| 2 (32) | 1:51 | 20 | 0:21 | 23.3 | 3:25 | 14 | 0:28 | 15.8 |
| 3 (33) | 1:36 | 24 | 0:21 | 28.0 | 5:01 | 15 | 0:45 | 17.6 |
| 4 (34) | 0:32 | 31 | 0:08 | 33.3 | 5:33 | 15 | 0:53 | 18.9 |
| 5 (35) | 2:36 | 65 | 1:09 | 79.3 | 8:09 | 37 | 2:02 | 33.2 |
| 6 (36) | 1:47 | 5 | 0:11 | 11.5 | 9:56 | 22 | 2:09 | 27.6 |
| 7 (37) | 0:51 | 13 | 0:06 | 13.3 | 10:47 | 17 | 2:11 | 25.4 |
| 8 (38) | 0:54 | 5 | 0:04 | 8.0 | 11:41 | 17 | 2:15 | 23.9 |
| 9 (39) | 0:30 | 8 | 0:02 | 7.1 | 12:11 | 16 | 2:03 | 20.2 |
| 10 (40) | 1:21 | 3 | 0:04 | 5.2 | 13:32 | 13 | 2:00 | 17.3 |
| 11 (41) | 1:24 | 16 | 0:11 | 15.1 | 14:56 | 12 | 2:09 | 16.8 |
| 12 (42) | 1:49 | 49 | 1:02 | 131.9 | 16:45 | 16 | 3:11 | 23.5 |
| 13 (43) | 0:56 | 2 | 0:02 | 3.7 | 17:41 | 16 | 3:13 | 22.2 |
| 14 (44) | 0:36 | 27 | 0:08 | 28.6 | 18:17 | 16 | 3:20 | 22.3 |
| 15 (45) | 1:03 | 4 | 0:04 | 6.8 | 19:20 | 14 | 3:24 | 21.3 |
| 16 (46) | 1:15 | 63 | 0:33 | 78.6 | 20:35 | 19 | 3:57 | 23.8 |
| 17 (47) | 1:24 | 5 | 0:06 | 7.7 | 21:59 | 15 | 4:03 | 22.6 |
| 18 (48) | 0:42 | 28 | 0:09 | 27.3 | 22:41 | 14 | 3:22 | 17.4 |
| 19 (49) | 0:20 | 6 | 0:02 | 11.1 | 23:01 | 14 | 3:24 | 17.3 |
| 20 (50) | 1:14 | 20 | 0:11 | 17.5 | 24:15 | 14 | 3:35 | 17.3 |
| 21 (51) | 0:53 | 1 | - | - | 25:08 | 13 | 3:30 | 16.2 |
| 22 (52) | 0:53 | 13 | 0:05 | 10.4 | 26:01 | 13 | 3:09 | 13.8 |
| 23 (53) | 2:36 | 12 | 0:16 | 11.4 | 28:37 | 13 | 3:25 | 13.6 |
| 24 (54) | 0:58 | 12 | 0:07 | 13.7 | 29:35 | 13 | 3:16 | 12.4 |
| 25 (55) | 0:32 | 13 | 0:05 | 18.5 | 30:07 | 13 | 3:17 | 12.2 |
| 26 (56) | 0:57 | 59 | 0:16 | 39.0 | 31:04 | 13 | 3:27 | 12.5 |
| 27 (57) | 1:02 | 4 | 0:04 | 6.9 | 32:06 | 13 | 3:28 | 12.1 |
| 28 (100) | 0:42 | 22 | 0:08 | 23.5 | 32:48 | 13 | 3:30 | 12.0 |
| □□ | 0:17 | 13 | 0:02 | 13.3 | 33:05 | 13 | 3:30 | 11.8 |