



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lakis, Edgars

□□: Auseklis IK

□□□: 33:53

□□□□: 5:26 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 17(of 73)

□□□□□□: 29:35

□□: 4:18

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:34	16	0:08	9.3	1:34	16	0:08	9.3
2 (32)	1:58	33	0:28	31.1	3:32	24	0:35	19.8
3 (33)	1:39	32	0:24	32.0	5:11	24	0:55	21.5
4 (34)	0:30	20	0:06	25.0	5:41	21	1:01	21.8
5 (35)	1:43	8	0:16	18.4	7:24	14	1:17	21.0
6 (36)	2:01	17	0:25	26.0	9:25	13	1:38	21.0
7 (37)	1:34	57	0:49	108.9	10:59	18	2:23	27.7
8 (38)	1:03	35	0:13	26.0	12:02	20	2:36	27.6
9 (39)	0:32	20	0:04	14.3	12:34	19	2:26	24.0
10 (40)	1:35	25	0:18	23.4	14:09	18	2:37	22.7
11 (41)	1:28	29	0:15	20.6	15:37	18	2:50	22.2
12 (42)	1:10	35	0:23	48.9	16:47	18	3:13	23.7
13 (43)	1:03	20	0:09	16.7	17:50	17	3:22	23.3
14 (44)	0:37	32	0:09	32.1	18:27	18	3:30	23.4
15 (45)	1:11	18	0:12	20.3	19:38	17	3:42	23.2
16 (46)	0:46	9	0:04	9.5	20:24	15	3:46	22.7
17 (47)	1:32	20	0:14	18.0	21:56	14	4:00	22.3
18 (48)	0:46	41	0:13	39.4	22:42	15	3:23	17.5
19 (49)	0:21	22	0:03	16.7	23:03	15	3:26	17.5
20 (50)	1:17	29	0:14	22.2	24:20	16	3:40	17.7
21 (51)	1:03	27	0:10	18.9	25:23	15	3:45	17.3
22 (52)	0:58	33	0:10	20.8	26:21	16	3:29	15.2
23 (53)	2:44	29	0:24	17.1	29:05	16	3:53	15.4
24 (54)	0:59	15	0:08	15.7	30:04	15	3:45	14.3
25 (55)	0:33	24	0:06	22.2	30:37	15	3:47	14.1
26 (56)	1:02	65	0:21	51.2	31:39	16	4:02	14.6
27 (57)	1:14	49	0:16	27.6	32:53	17	4:15	14.8
28 (100)	0:42	22	0:08	23.5	33:35	17	4:17	14.6
□□	0:18	22	0:03	20.0	33:53	17	4:18	14.5