



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Valkama, Sami

□□: Paimion Rasti

□□□: 37:38

□□□□: 6:02 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 33(of 73)

□□□□□□: 29:35

□□: 8:03

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (31) | 1:37 | 25 | 0:11 | 12.8 | 1:37 | 25 | 0:11 | 12.8 |
| 2 (32) | 1:56 | 29 | 0:26 | 28.9 | 3:33 | 25 | 0:36 | 20.3 |
| 3 (33) | 1:38 | 27 | 0:23 | 30.7 | 5:11 | 24 | 0:55 | 21.5 |
| 4 (34) | 1:04 | 69 | 0:40 | 166.7 | 6:15 | 40 | 1:35 | 33.9 |
| 5 (35) | 2:19 | 63 | 0:52 | 59.8 | 8:34 | 43 | 2:27 | 40.1 |
| 6 (36) | 2:41 | 45 | 1:05 | 67.7 | 11:15 | 41 | 3:28 | 44.5 |
| 7 (37) | 0:55 | 22 | 0:10 | 22.2 | 12:10 | 37 | 3:34 | 41.5 |
| 8 (38) | 1:33 | 64 | 0:43 | 86.0 | 13:43 | 40 | 4:17 | 45.4 |
| 9 (39) | 0:43 | 52 | 0:15 | 53.6 | 14:26 | 39 | 4:18 | 42.4 |
| 10 (40) | 1:26 | 9 | 0:09 | 11.7 | 15:52 | 36 | 4:20 | 37.6 |
| 11 (41) | 1:26 | 21 | 0:13 | 17.8 | 17:18 | 35 | 4:31 | 35.3 |
| 12 (42) | 2:15 | 60 | 1:28 | 187.2 | 19:33 | 37 | 5:59 | 44.1 |
| 13 (43) | 1:07 | 30 | 0:13 | 24.1 | 20:40 | 35 | 6:12 | 42.9 |
| 14 (44) | 0:32 | 5 | 0:04 | 14.3 | 21:12 | 35 | 6:15 | 41.8 |
| 15 (45) | 1:19 | 36 | 0:20 | 33.9 | 22:31 | 34 | 6:35 | 41.3 |
| 16 (46) | 0:47 | 19 | 0:05 | 11.9 | 23:18 | 34 | 6:40 | 40.1 |
| 17 (47) | 2:01 | 54 | 0:43 | 55.1 | 25:19 | 33 | 7:23 | 41.2 |
| 18 (48) | 0:43 | 33 | 0:10 | 30.3 | 26:02 | 33 | 6:43 | 34.8 |
| 19 (49) | 0:28 | 59 | 0:10 | 55.6 | 26:30 | 33 | 6:53 | 35.1 |
| 20 (50) | 1:12 | 14 | 0:09 | 14.3 | 27:42 | 32 | 7:02 | 34.0 |
| 21 (51) | 1:01 | 23 | 0:08 | 15.1 | 28:43 | 32 | 7:05 | 32.7 |
| 22 (52) | 0:53 | 13 | 0:05 | 10.4 | 29:36 | 32 | 6:44 | 29.5 |
| 23 (53) | 2:37 | 14 | 0:17 | 12.1 | 32:13 | 32 | 7:01 | 27.8 |
| 24 (54) | 1:54 | 69 | 1:03 | 123.5 | 34:07 | 33 | 7:48 | 29.6 |
| 25 (55) | 0:32 | 13 | 0:05 | 18.5 | 34:39 | 32 | 7:49 | 29.1 |
| 26 (56) | 0:46 | 16 | 0:05 | 12.2 | 35:25 | 32 | 7:48 | 28.2 |
| 27 (57) | 1:06 | 17 | 0:08 | 13.8 | 36:31 | 32 | 7:53 | 27.5 |
| 28 (100) | 0:47 | 44 | 0:13 | 38.2 | 37:18 | 33 | 8:00 | 27.3 |
| □□ | 0:20 | 44 | 0:05 | 33.3 | 37:38 | 33 | 8:03 | 27.2 |