



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lupiķis, Ainārs

□□: Kāpa OK

□□□: 38:00

□□□□: 6:05 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 35(of 73)

□□□□□□: 29:35

□□: 8:25

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:48	44	0:22	25.6	1:48	44	0:22	25.6
2 (32)	1:42	7	0:12	13.3	3:30	20	0:33	18.6
3 (33)	1:33	14	0:18	24.0	5:03	17	0:47	18.4
4 (34)	0:33	37	0:09	37.5	5:36	18	0:56	20.0
5 (35)	1:47	18	0:20	23.0	7:23	13	1:16	20.7
6 (36)	3:48	56	2:12	137.5	11:11	39	3:24	43.7
7 (37)	1:00	31	0:15	33.3	12:11	38	3:35	41.7
8 (38)	0:59	20	0:09	18.0	13:10	36	3:44	39.6
9 (39)	3:03	69	2:35	553.6	16:13	51	6:05	60.0
10 (40)	1:33	18	0:16	20.8	17:46	46	6:14	54.1
11 (41)	1:25	19	0:12	16.4	19:11	42	6:24	50.1
12 (42)	1:05	27	0:18	38.3	20:16	39	6:42	49.4
13 (43)	1:04	22	0:10	18.5	21:20	38	6:52	47.5
14 (44)	0:52	60	0:24	85.7	22:12	40	7:15	48.5
15 (45)	1:21	43	0:22	37.3	23:33	41	7:37	47.8
16 (46)	0:46	9	0:04	9.5	24:19	38	7:41	46.2
17 (47)	1:35	28	0:17	21.8	25:54	36	7:58	44.4
18 (48)	1:07	61	0:34	103.0	27:01	40	7:42	39.9
19 (49)	0:23	42	0:05	27.8	27:24	41	7:47	39.7
20 (50)	1:19	37	0:16	25.4	28:43	40	8:03	39.0
21 (51)	1:04	29	0:11	20.8	29:47	39	8:09	37.7
22 (52)	0:57	27	0:09	18.8	30:44	38	7:52	34.4
23 (53)	2:39	20	0:19	13.6	33:23	36	8:11	32.5
24 (54)	1:01	23	0:10	19.6	34:24	35	8:05	30.7
25 (55)	0:32	13	0:05	18.5	34:56	35	8:06	30.2
26 (56)	0:46	16	0:05	12.2	35:42	35	8:05	29.3
27 (57)	1:13	47	0:15	25.9	36:55	35	8:17	28.9
28 (100)	0:47	44	0:13	38.2	37:42	35	8:24	28.7
□□	0:18	22	0:03	20.0	38:00	35	8:25	28.5