



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Skujenieks, Jānis

□□: Ozons

□□□: 39:06

□□□□: 6:16 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 42(of 73)

□□□□□□: 29:35

□□: 9:31

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:50	48	0:24	27.9	1:50	48	0:24	27.9
2 (32)	2:03	41	0:33	36.7	3:53	41	0:56	31.6
3 (33)	1:48	44	0:33	44.0	5:41	42	1:25	33.2
4 (34)	0:32	31	0:08	33.3	6:13	39	1:33	33.2
5 (35)	1:57	38	0:30	34.5	8:10	39	2:03	33.5
6 (36)	2:22	33	0:46	47.9	10:32	31	2:45	35.3
7 (37)	1:00	31	0:15	33.3	11:32	28	2:56	34.1
8 (38)	1:04	37	0:14	28.0	12:36	26	3:10	33.6
9 (39)	0:34	32	0:06	21.4	13:10	26	3:02	29.9
10 (40)	1:35	25	0:18	23.4	14:45	23	3:13	27.9
11 (41)	1:40	49	0:27	37.0	16:25	25	3:38	28.4
12 (42)	1:02	21	0:15	31.9	17:27	24	3:53	28.6
13 (43)	1:08	34	0:14	25.9	18:35	24	4:07	28.5
14 (44)	0:41	44	0:13	46.4	19:16	24	4:19	28.9
15 (45)	1:24	48	0:25	42.4	20:40	24	4:44	29.7
16 (46)	1:01	55	0:19	45.2	21:41	26	5:03	30.4
17 (47)	1:55	49	0:37	47.4	23:36	26	5:40	31.6
18 (48)	2:23	70	1:50	333.3	25:59	32	6:40	34.5
19 (49)	0:29	60	0:11	61.1	26:28	32	6:51	34.9
20 (50)	2:02	65	0:59	93.7	28:30	37	7:50	37.9
21 (51)	1:25	62	0:32	60.4	29:55	40	8:17	38.3
22 (52)	1:15	60	0:27	56.3	31:10	40	8:18	36.3
23 (53)	2:57	48	0:37	26.4	34:07	42	8:55	35.4
24 (54)	1:08	44	0:17	33.3	35:15	42	8:56	34.0
25 (55)	0:36	46	0:09	33.3	35:51	41	9:01	33.6
26 (56)	0:48	27	0:07	17.1	36:39	41	9:02	32.7
27 (57)	1:14	49	0:16	27.6	37:53	41	9:15	32.3
28 (100)	0:51	60	0:17	50.0	38:44	42	9:26	32.2
□□	0:22	62	0:07	46.7	39:06	42	9:31	32.2