



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Karm, Marek

□□: Harju KEK RSK

□□□: 40:37

□□□□: 6:31 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 48(of 73)

□□□□□□: 29:35

□□: 11:02

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	2:30	64	1:04	74.4	2:30	64	1:04	74.4
2 (32)	4:01	64	2:31	167.8	6:31	64	3:34	120.9
3 (33)	2:09	58	0:54	72.0	8:40	64	4:24	103.1
4 (34)	0:35	44	0:11	45.8	9:15	64	4:35	98.2
5 (35)	2:08	57	0:41	47.1	11:23	64	5:16	86.1
6 (36)	3:30	52	1:54	118.8	14:53	60	7:06	91.2
7 (37)	0:53	16	0:08	17.8	15:46	58	7:10	83.3
8 (38)	1:00	26	0:10	20.0	16:46	57	7:20	77.7
9 (39)	0:34	32	0:06	21.4	17:20	55	7:12	71.1
10 (40)	2:33	56	1:16	98.7	19:53	56	8:21	72.4
11 (41)	1:21	9	0:08	11.0	21:14	52	8:27	66.1
12 (42)	0:58	11	0:11	23.4	22:12	50	8:38	63.6
13 (43)	1:07	30	0:13	24.1	23:19	48	8:51	61.2
14 (44)	0:52	60	0:24	85.7	24:11	48	9:14	61.8
15 (45)	1:25	51	0:26	44.1	25:36	49	9:40	60.7
16 (46)	0:46	9	0:04	9.5	26:22	48	9:44	58.5
17 (47)	1:35	28	0:17	21.8	27:57	47	10:01	55.9
18 (48)	1:20	65	0:47	142.4	29:17	50	9:58	51.6
19 (49)	0:19	2	0:01	5.6	29:36	50	9:59	50.9
20 (50)	1:11	11	0:08	12.7	30:47	49	10:07	49.0
21 (51)	1:04	29	0:11	20.8	31:51	49	10:13	47.2
22 (52)	1:14	58	0:26	54.2	33:05	48	10:13	44.7
23 (53)	2:56	47	0:36	25.7	36:01	48	10:49	42.9
24 (54)	1:00	18	0:09	17.7	37:01	48	10:42	40.7
25 (55)	0:32	13	0:05	18.5	37:33	48	10:43	39.9
26 (56)	0:49	32	0:08	19.5	38:22	48	10:45	38.9
27 (57)	1:08	25	0:10	17.2	39:30	48	10:52	38.0
28 (100)	0:47	44	0:13	38.2	40:17	48	10:59	37.5
□□	0:20	44	0:05	33.3	40:37	48	11:02	37.3