



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Cāns, Andris

□□: CPSS/Meridiāns/Pārgauja

□□□: 41:45

□□□□: 6:42 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 49(of 73)

□□□□□□: 29:35

□□: 12:10

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:41	31	0:15	17.4	1:41	31	0:15	17.4
2 (32)	3:11	62	1:41	112.2	4:52	61	1:55	65.0
3 (33)	1:35	20	0:20	26.7	6:27	53	2:11	51.2
4 (34)	0:35	44	0:11	45.8	7:02	54	2:22	50.7
5 (35)	1:45	12	0:18	20.7	8:47	47	2:40	43.6
6 (36)	2:27	36	0:51	53.1	11:14	40	3:27	44.3
7 (37)	1:19	49	0:34	75.6	12:33	41	3:57	45.9
8 (38)	1:14	54	0:24	48.0	13:47	42	4:21	46.1
9 (39)	1:27	63	0:59	210.7	15:14	43	5:06	50.3
10 (40)	5:35	70	4:18	335.1	20:49	60	9:17	80.5
11 (41)	1:33	40	0:20	27.4	22:22	58	9:35	75.0
12 (42)	1:05	27	0:18	38.3	23:27	55	9:53	72.9
13 (43)	1:08	34	0:14	25.9	24:35	55	10:07	69.9
14 (44)	0:36	27	0:08	28.6	25:11	54	10:14	68.5
15 (45)	1:18	34	0:19	32.2	26:29	53	10:33	66.2
16 (46)	0:48	21	0:06	14.3	27:17	53	10:39	64.0
17 (47)	2:29	59	1:11	91.0	29:46	55	11:50	66.0
18 (48)	0:45	40	0:12	36.4	30:31	52	11:12	58.0
19 (49)	0:31	61	0:13	72.2	31:02	52	11:25	58.2
20 (50)	1:27	51	0:24	38.1	32:29	51	11:49	57.2
21 (51)	0:57	6	0:04	7.6	33:26	50	11:48	54.6
22 (52)	0:56	21	0:08	16.7	34:22	50	11:30	50.3
23 (53)	2:44	29	0:24	17.1	37:06	50	11:54	47.2
24 (54)	1:00	18	0:09	17.7	38:06	50	11:47	44.8
25 (55)	0:36	46	0:09	33.3	38:42	50	11:52	44.2
26 (56)	0:48	27	0:07	17.1	39:30	49	11:53	43.0
27 (57)	1:08	25	0:10	17.2	40:38	49	12:00	41.9
28 (100)	0:47	44	0:13	38.2	41:25	49	12:07	41.4
□□	0:20	44	0:05	33.3	41:45	49	12:10	41.1