



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Caics, Gatis

□□: Kāpa OK

□□□: 43:57

□□□□: 7:03 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 54(of 73)

□□□□□□□: 29:35

□□: 14:22

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	2:03	55	0:37	43.0	2:03	55	0:37	43.0
2 (32)	2:12	46	0:42	46.7	4:15	51	1:18	44.1
3 (33)	2:10	59	0:55	73.3	6:25	52	2:09	50.4
4 (34)	0:31	24	0:07	29.2	6:56	51	2:16	48.6
5 (35)	2:04	54	0:37	42.5	9:00	52	2:53	47.1
6 (36)	3:57	58	2:21	146.9	12:57	57	5:10	66.4
7 (37)	0:57	26	0:12	26.7	13:54	53	5:18	61.6
8 (38)	1:09	45	0:19	38.0	15:03	52	5:37	59.5
9 (39)	0:33	26	0:05	17.9	15:36	46	5:28	54.0
10 (40)	1:49	48	0:32	41.6	17:25	43	5:53	51.0
11 (41)	1:41	51	0:28	38.4	19:06	41	6:19	49.4
12 (42)	2:12	59	1:25	180.9	21:18	48	7:44	57.0
13 (43)	3:04	67	2:10	240.7	24:22	53	9:54	68.4
14 (44)	0:58	63	0:30	107.1	25:20	55	10:23	69.5
15 (45)	1:36	61	0:37	62.7	26:56	55	11:00	69.0
16 (46)	0:54	45	0:12	28.6	27:50	55	11:12	67.3
17 (47)	1:55	49	0:37	47.4	29:45	54	11:49	65.9
18 (48)	0:58	59	0:25	75.8	30:43	53	11:24	59.0
19 (49)	0:26	54	0:08	44.4	31:09	54	11:32	58.8
20 (50)	1:32	58	0:29	46.0	32:41	52	12:01	58.2
21 (51)	1:18	60	0:25	47.2	33:59	52	12:21	57.1
22 (52)	1:08	53	0:20	41.7	35:07	52	12:15	53.6
23 (53)	3:18	64	0:58	41.4	38:25	53	13:13	52.5
24 (54)	1:14	55	0:23	45.1	39:39	53	13:20	50.7
25 (55)	0:39	57	0:12	44.4	40:18	53	13:28	50.2
26 (56)	1:10	67	0:29	70.7	41:28	54	13:51	50.2
27 (57)	1:20	58	0:22	37.9	42:48	54	14:10	49.5
28 (100)	0:51	60	0:17	50.0	43:39	54	14:21	49.0
□□	0:18	22	0:03	20.0	43:57	54	14:22	48.6