



Rīgas kausi / Riga Cup 2015

Rīga / 18.04.2015

□□□□

Aleliunas, Vilius

□□: Igtisa

□□□: 44:10

□□□□: 7:05 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 55(of 73)

□□□□□□: 29:35

□□: 14:35

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	2:05	56	0:39	45.4	2:05	56	0:39	45.4
2 (32)	1:57	32	0:27	30.0	4:02	45	1:05	36.7
3 (33)	1:30	11	0:15	20.0	5:32	38	1:16	29.7
4 (34)	0:24	1	-	-	5:56	31	1:16	27.1
5 (35)	1:47	18	0:20	23.0	7:43	27	1:36	26.2
6 (36)	8:06	67	6:30	406.3	15:49	62	8:02	103.2
7 (37)	1:16	47	0:31	68.9	17:05	62	8:29	98.6
8 (38)	3:50	69	3:00	360.0	20:55	63	11:29	121.7
9 (39)	0:38	47	0:10	35.7	21:33	63	11:25	112.7
10 (40)	2:52	60	1:35	123.4	24:25	64	12:53	111.7
11 (41)	1:27	26	0:14	19.2	25:52	63	13:05	102.4
12 (42)	0:53	4	0:06	12.8	26:45	62	13:11	97.2
13 (43)	1:00	11	0:06	11.1	27:45	61	13:17	91.8
14 (44)	0:34	17	0:06	21.4	28:19	61	13:22	89.4
15 (45)	1:08	9	0:09	15.3	29:27	60	13:31	84.8
16 (46)	1:35	68	0:53	126.2	31:02	61	14:24	86.6
17 (47)	1:38	35	0:20	25.6	32:40	60	14:44	82.2
18 (48)	0:39	13	0:06	18.2	33:19	60	14:00	72.5
19 (49)	0:37	64	0:19	105.6	33:56	60	14:19	73.0
20 (50)	1:12	14	0:09	14.3	35:08	59	14:28	70.0
21 (51)	0:57	6	0:04	7.6	36:05	58	14:27	66.8
22 (52)	1:08	53	0:20	41.7	37:13	57	14:21	62.8
23 (53)	2:41	24	0:21	15.0	39:54	56	14:42	58.3
24 (54)	0:55	8	0:04	7.8	40:49	56	14:30	55.1
25 (55)	0:35	39	0:08	29.6	41:24	56	14:34	54.3
26 (56)	0:46	16	0:05	12.2	42:10	56	14:33	52.7
27 (57)	1:02	4	0:04	6.9	43:12	56	14:34	50.9
28 (100)	0:41	16	0:07	20.6	43:53	56	14:35	49.8
□□	0:17	13	0:02	13.3	44:10	55	14:35	49.3