



Rīgas kausi / Riga Cup 2015

Riga / 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 |