



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Sārs, Jānis

□□: Ogre OK/SC

□□□: 47:07

□□□□: 7:33 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 61(of 73)

□□□□□□: 29:35

□□: 17:32

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (31) | 1:35 | 18 | 0:09 | 10.5 | 1:35 | 18 | 0:09 | 10.5 |
| 2 (32) | 2:17 | 50 | 0:47 | 52.2 | 3:52 | 38 | 0:55 | 31.1 |
| 3 (33) | 1:49 | 46 | 0:34 | 45.3 | 5:41 | 42 | 1:25 | 33.2 |
| 4 (34) | 0:41 | 59 | 0:17 | 70.8 | 6:22 | 44 | 1:42 | 36.4 |
| 5 (35) | 2:55 | 66 | 1:28 | 101.2 | 9:17 | 54 | 3:10 | 51.8 |
| 6 (36) | 2:30 | 40 | 0:54 | 56.3 | 11:47 | 47 | 4:00 | 51.4 |
| 7 (37) | 1:36 | 58 | 0:51 | 113.3 | 13:23 | 47 | 4:47 | 55.6 |
| 8 (38) | 1:01 | 29 | 0:11 | 22.0 | 14:24 | 45 | 4:58 | 52.7 |
| 9 (39) | 0:37 | 44 | 0:09 | 32.1 | 15:01 | 42 | 4:53 | 48.2 |
| 10 (40) | 3:45 | 67 | 2:28 | 192.2 | 18:46 | 52 | 7:14 | 62.7 |
| 11 (41) | 2:47 | 64 | 1:34 | 128.8 | 21:33 | 56 | 8:46 | 68.6 |
| 12 (42) | 1:11 | 36 | 0:24 | 51.1 | 22:44 | 53 | 9:10 | 67.6 |
| 13 (43) | 1:02 | 14 | 0:08 | 14.8 | 23:46 | 51 | 9:18 | 64.3 |
| 14 (44) | 0:34 | 17 | 0:06 | 21.4 | 24:20 | 49 | 9:23 | 62.8 |
| 15 (45) | 1:12 | 22 | 0:13 | 22.0 | 25:32 | 48 | 9:36 | 60.3 |
| 16 (46) | 1:09 | 59 | 0:27 | 64.3 | 26:41 | 50 | 10:03 | 60.4 |
| 17 (47) | 1:33 | 22 | 0:15 | 19.2 | 28:14 | 49 | 10:18 | 57.4 |
| 18 (48) | 0:42 | 28 | 0:09 | 27.3 | 28:56 | 48 | 9:37 | 49.8 |
| 19 (49) | 0:23 | 42 | 0:05 | 27.8 | 29:19 | 48 | 9:42 | 49.5 |
| 20 (50) | 6:37 | 68 | 5:34 | 530.2 | 35:56 | 60 | 15:16 | 73.9 |
| 21 (51) | 1:17 | 58 | 0:24 | 45.3 | 37:13 | 60 | 15:35 | 72.0 |
| 22 (52) | 1:03 | 41 | 0:15 | 31.3 | 38:16 | 60 | 15:24 | 67.4 |
| 23 (53) | 3:17 | 61 | 0:57 | 40.7 | 41:33 | 61 | 16:21 | 64.9 |
| 24 (54) | 1:10 | 48 | 0:19 | 37.3 | 42:43 | 61 | 16:24 | 62.3 |
| 25 (55) | 0:42 | 60 | 0:15 | 55.6 | 43:25 | 61 | 16:35 | 61.8 |
| 26 (56) | 1:05 | 66 | 0:24 | 58.5 | 44:30 | 61 | 16:53 | 61.1 |
| 27 (57) | 1:26 | 61 | 0:28 | 48.3 | 45:56 | 61 | 17:18 | 60.4 |
| 28 (100) | 0:51 | 60 | 0:17 | 50.0 | 46:47 | 61 | 17:29 | 59.7 |
| □□ | 0:20 | 44 | 0:05 | 33.3 | 47:07 | 61 | 17:32 | 59.3 |