



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Karlsons, Jānis

□□: SILVA

□□□: 1:41:13

□□□□: 16:14 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 69(of 73)

□□□□□□: 29:35

□□: 1:11:38

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	6:02	69	4:36	320.9	6:02	69	4:36	320.9
2 (32)	4:12	66	2:42	180.0	10:14	66	7:17	246.9
3 (33)	4:42	70	3:27	276.0	14:56	68	10:40	250.0
4 (34)	0:58	66	0:34	141.7	15:54	68	11:14	240.7
5 (35)	3:40	69	2:13	152.9	19:34	68	13:27	219.9
6 (36)	9:02	68	7:26	464.6	28:36	68	20:49	267.5
7 (37)	2:18	61	1:33	206.7	30:54	68	22:18	259.3
8 (38)	10:00	70	9:10	1,100.0	40:54	68	31:28	333.6
9 (39)	0:46	54	0:18	64.3	41:40	68	31:32	311.2
10 (40)	1:53	50	0:36	46.8	43:33	68	32:01	277.6
11 (41)	1:39	48	0:26	35.6	45:12	68	32:25	253.6
12 (42)	3:37	63	2:50	361.7	48:49	69	35:15	259.8
13 (43)	1:50	59	0:56	103.7	50:39	69	36:11	250.1
14 (44)	0:48	56	0:20	71.4	51:27	68	36:30	244.2
15 (45)	2:26	69	1:27	147.5	53:53	68	37:57	238.2
16 (46)	1:50	69	1:08	161.9	55:43	68	39:05	235.0
17 (47)	7:07	70	5:49	447.4	1:02:50	69	44:54	250.4
18 (48)	1:19	64	0:46	139.4	1:04:09	69	44:50	232.1
19 (49)	4:54	70	4:36	1,533.3	1:09:03	69	49:26	252.0
20 (50)	7:48	70	6:45	642.9	1:16:51	69	56:11	271.9
21 (51)	2:45	70	1:52	211.3	1:19:36	69	57:58	268.0
22 (52)	1:23	66	0:35	72.9	1:20:59	69	58:07	254.2
23 (53)	13:06	69	10:46	461.4	1:34:05	69	1:08:53	273.4
24 (54)	1:41	67	0:50	98.0	1:35:46	69	1:09:27	263.9
25 (55)	1:22	69	0:55	203.7	1:37:08	69	1:10:18	262.0
26 (56)	1:01	64	0:20	48.8	1:38:09	69	1:10:32	255.4
27 (57)	1:30	64	0:32	55.2	1:39:39	69	1:11:01	248.0
28 (100)	1:04	69	0:30	88.2	1:40:43	69	1:11:25	243.7
□□	0:30	70	0:15	100.0	1:41:13	69	1:11:38	242.1