



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Gelbis, Ruslans

□□: SILVA

□□□: 41:57

□□□□: 7:45 min/km

□□: 5.41 km / 26 □□

□□□□:

Men -21A

□□□□□: 8(of 27)

□□□□□□□: 32:35

□□: 9:22

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	1:56	15	0:24	26.1	1:56	15	0:24	26.1
2 (82)	0:42	15	0:11	35.5	2:38	14	0:32	25.4
3 (83)	2:59	12	0:45	33.6	5:37	12	1:05	23.9
4 (84)	1:11	8	0:15	26.8	6:48	9	1:20	24.4
5 (85)	1:15	4	0:11	17.2	8:03	7	1:31	23.2
6 (86)	1:14	3	0:07	10.5	9:17	5	1:38	21.4
7 (87)	1:21	8	0:13	19.1	10:38	5	1:51	21.1
8 (88)	2:35	17	0:41	36.0	13:13	6	2:23	22.0
9 (89)	1:57	16	0:29	33.0	15:10	6	2:52	23.3
10 (90)	1:56	12	0:33	39.8	17:06	6	3:25	25.0
11 (91)	5:10	20	2:22	84.5	22:16	6	5:45	34.8
12 (92)	1:23	14	0:21	33.9	23:39	7	6:06	34.8
13 (93)	1:18	10	0:11	16.4	24:57	9	6:17	33.7
14 (94)	1:43	21	0:38	58.5	26:40	8	6:44	33.8
15 (95)	1:19	12	0:16	25.4	27:59	8	6:52	32.5
16 (96)	1:39	11	0:14	16.5	29:38	8	7:04	31.3
17 (97)	1:26	8	0:14	19.4	31:04	8	7:17	30.6
18 (98)	0:52	11	0:09	20.9	31:56	8	7:25	30.3
19 (99)	0:47	12	0:09	23.7	32:43	8	7:32	29.9
20 (101)	2:21	16	0:18	14.6	35:04	8	7:45	28.4
21 (78)	0:53	11	0:08	17.8	35:57	8	7:50	27.9
22 (53)	0:36	2	0:01	2.9	36:33	8	7:51	27.4
23 (102)	1:06	13	0:13	24.5	37:39	8	8:03	27.2
24 (103)	2:08	13	0:45	54.2	39:47	8	8:38	27.7
25 (104)	1:14	24	0:33	80.5	41:01	8	9:08	28.7
26 (100)	0:34	18	0:09	36.0	41:35	8	9:17	28.7
□□	0:22	16	0:06	37.5	41:57	8	9:22	28.8