



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Birznieks, Raitis

□□: SPAMMA OK

□□□: 51:29

□□□□: 9:30 min/km

□□: 5.41 km / 26 □□

□□□□:

Men -21A

□□□□□: 18(of 27)

□□□□□□: 32:35

□□: 18:54

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	2:13	20	0:41	44.6	2:13	20	0:41	44.6
2 (82)	0:45	19	0:14	45.2	2:58	20	0:52	41.3
3 (83)	3:03	15	0:49	36.6	6:01	16	1:29	32.7
4 (84)	1:27	17	0:31	55.4	7:28	16	2:00	36.6
5 (85)	6:13	24	5:09	482.8	13:41	21	7:09	109.4
6 (86)	2:33	23	1:26	128.4	16:14	22	8:35	112.2
7 (87)	1:24	10	0:16	23.5	17:38	20	8:51	100.8
8 (88)	2:31	15	0:37	32.5	20:09	21	9:19	86.0
9 (89)	2:03	18	0:35	39.8	22:12	20	9:54	80.5
10 (90)	1:59	14	0:36	43.4	24:11	19	10:30	76.7
11 (91)	4:24	15	1:36	57.1	28:35	17	12:04	73.1
12 (92)	1:34	21	0:32	51.6	30:09	17	12:36	71.8
13 (93)	1:37	20	0:30	44.8	31:46	17	13:06	70.2
14 (94)	1:54	25	0:49	75.4	33:40	17	13:44	68.9
15 (95)	1:36	20	0:33	52.4	35:16	17	14:09	67.0
16 (96)	2:03	23	0:38	44.7	37:19	17	14:45	65.4
17 (97)	2:09	20	0:57	79.2	39:28	18	15:41	65.9
18 (98)	1:06	19	0:23	53.5	40:34	19	16:03	65.5
19 (99)	0:54	21	0:16	42.1	41:28	18	16:17	64.7
20 (101)	2:40	23	0:37	30.1	44:08	18	16:49	61.6
21 (78)	1:01	20	0:16	35.6	45:09	18	17:02	60.6
22 (53)	0:50	21	0:15	42.9	45:59	18	17:17	60.2
23 (102)	1:48	24	0:55	103.8	47:47	21	18:11	61.4
24 (103)	1:46	8	0:23	27.7	49:33	17	18:24	59.1
25 (104)	1:00	21	0:19	46.3	50:33	18	18:40	58.6
26 (100)	0:35	23	0:10	40.0	51:08	18	18:50	58.3
□□	0:21	11	0:05	31.3	51:29	18	18:54	58.0