



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Ritums, Juris

□□: Ozons

□□□: 51:56

□□□□: 9:35 min/km

□□: 5.41 km / 26 □□

□□□□:

Men -21A

□□□□□: 21(of 27)

□□□□□□□: 32:35

□□: 19:21

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	1:48	10	0:16	17.4	1:48	10	0:16	17.4
2 (82)	0:38	8	0:07	22.6	2:26	8	0:20	15.9
3 (83)	2:51	8	0:37	27.6	5:17	8	0:45	16.5
4 (84)	1:21	16	0:25	44.6	6:38	7	1:10	21.3
5 (85)	1:50	20	0:46	71.9	8:28	9	1:56	29.6
6 (86)	2:11	21	1:04	95.5	10:39	10	3:00	39.2
7 (87)	1:17	6	0:09	13.2	11:56	9	3:09	35.9
8 (88)	2:20	8	0:26	22.8	14:16	9	3:26	31.7
9 (89)	2:53	25	1:25	96.6	17:09	11	4:51	39.4
10 (90)	2:19	22	0:56	67.5	19:28	11	5:47	42.3
11 (91)	6:40	23	3:52	138.1	26:08	15	9:37	58.2
12 (92)	1:32	18	0:30	48.4	27:40	15	10:07	57.6
13 (93)	1:19	11	0:12	17.9	28:59	15	10:19	55.3
14 (94)	1:32	15	0:27	41.5	30:31	15	10:35	53.1
15 (95)	1:17	9	0:14	22.2	31:48	15	10:41	50.6
16 (96)	1:45	17	0:20	23.5	33:33	15	10:59	48.7
17 (97)	1:31	12	0:19	26.4	35:04	13	11:17	47.4
18 (98)	0:58	14	0:15	34.9	36:02	13	11:31	47.0
19 (99)	0:50	17	0:12	31.6	36:52	13	11:41	46.4
20 (101)	4:03	26	2:00	97.6	40:55	14	13:36	49.8
21 (78)	2:24	26	1:39	220.0	43:19	15	15:12	54.1
22 (53)	1:01	24	0:26	74.3	44:20	15	15:38	54.5
23 (102)	1:46	23	0:53	100.0	46:06	16	16:30	55.7
24 (103)	3:27	19	2:04	149.4	49:33	17	18:24	59.1
25 (104)	1:28	25	0:47	114.6	51:01	21	19:08	60.0
26 (100)	0:33	16	0:08	32.0	51:34	21	19:16	59.7
□□	0:22	16	0:06	37.5	51:56	21	19:21	59.4