



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

**Bērziņš, Raimonds**

□□: Stīvijs Vonders

□□□: 32:39

□□□□: 7:28 min/km

□□: 4.37 km / 17 □□

□□□□:

Men -21B

□□□□□: 3(of 16)

□□□□□□: 30:04

□□: 2:35

□□□□

| □□       | □□   | □□ | □□   | □□   | □□□   | □□ | □□   | □□   |
|----------|------|----|------|------|-------|----|------|------|
|          | □□   | -  | -    | %    | □□    | -  | -    | %    |
| 1 (130)  | 2:10 | 3  | 0:04 | 3.2  | 2:10  | 3  | 0:04 | 3.2  |
| 2 (82)   | 1:12 | 2  | 0:01 | 1.4  | 3:22  | 1  | -    | -    |
| 3 (89)   | 4:33 | 10 | 1:48 | 65.5 | 7:55  | 4  | 0:40 | 9.2  |
| 4 (110)  | 3:14 | 10 | 1:35 | 96.0 | 11:09 | 5  | 1:21 | 13.8 |
| 5 (95)   | 2:02 | 5  | 0:26 | 27.1 | 13:11 | 6  | 1:20 | 11.3 |
| 6 (112)  | 1:43 | 1  | -    | -    | 14:54 | 3  | 1:06 | 8.0  |
| 7 (94)   | 1:34 | 6  | 0:12 | 14.6 | 16:28 | 2  | 1:01 | 6.6  |
| 8 (92)   | 1:41 | 2  | 0:08 | 8.6  | 18:09 | 2  | 0:28 | 2.6  |
| 9 (116)  | 2:23 | 6  | 0:31 | 27.7 | 20:32 | 3  | 0:49 | 4.1  |
| 10 (98)  | 1:33 | 3  | 0:06 | 6.9  | 22:05 | 3  | 0:38 | 3.0  |
| 11 (137) | 1:58 | 4  | 0:33 | 38.8 | 24:03 | 3  | 0:46 | 3.3  |
| 12 (78)  | 2:25 | 3  | 0:33 | 29.5 | 26:28 | 3  | 1:19 | 5.2  |
| 13 (53)  | 0:41 | 3  | 0:02 | 5.1  | 27:09 | 3  | 1:18 | 5.0  |
| 14 (126) | 1:18 | 4  | 0:24 | 44.4 | 28:27 | 3  | 1:42 | 6.4  |
| 15 (121) | 1:34 | 4  | 0:21 | 28.8 | 30:01 | 3  | 2:03 | 7.3  |
| 16 (122) | 1:20 | 4  | 0:22 | 37.9 | 31:21 | 3  | 2:25 | 8.4  |
| 17 (100) | 0:53 | 5  | 0:06 | 12.8 | 32:14 | 3  | 2:27 | 8.2  |
| □□       | 0:25 | 10 | 0:08 | 47.1 | 32:39 | 3  | 2:35 | 8.6  |