



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Vītols, Kaspars

□□: SPAMMA

□□□: 36:05

□□□□: 8:15 min/km

□□: 4.37 km / 17 □□

□□□□:

Men -21B

□□□□□: 6(of 16)

□□□□□□: 30:04

□□: 6:01

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	2:17	4	0:11	8.7	2:17	4	0:11	8.7
2 (82)	1:53	9	0:42	59.2	4:10	5	0:48	23.8
3 (89)	3:17	3	0:32	19.4	7:27	2	0:12	2.8
4 (110)	2:42	8	1:03	63.6	10:09	3	0:21	3.6
5 (95)	1:56	4	0:20	20.8	12:05	3	0:14	2.0
6 (112)	1:53	4	0:10	9.7	13:58	2	0:10	1.2
7 (94)	4:22	16	3:00	219.5	18:20	6	2:53	18.7
8 (92)	1:58	5	0:25	26.9	20:18	6	2:37	14.8
9 (116)	3:28	11	1:36	85.7	23:46	7	4:03	20.5
10 (98)	1:40	5	0:13	14.9	25:26	7	3:59	18.6
11 (137)	2:14	8	0:49	57.7	27:40	7	4:23	18.8
12 (78)	2:26	4	0:34	30.4	30:06	7	4:57	19.7
13 (53)	0:39	1	-	-	30:45	7	4:54	19.0
14 (126)	1:22	5	0:28	51.9	32:07	7	5:22	20.1
15 (121)	1:32	3	0:19	26.0	33:39	7	5:41	20.3
16 (122)	1:20	4	0:22	37.9	34:59	7	6:03	20.9
17 (100)	0:47	1	-	-	35:46	7	5:59	20.1
□□	0:19	3	0:02	11.8	36:05	6	6:01	20.0