



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lašs, Vladimirs

□□: Briksnis SK

□□□: 38:19

□□□□: 7:04 min/km

□□: 5.41 km / 26 □□

□□□□:

Men 35-

□□□□□: 4(of 33)

□□□□□□: 35:14

□□: 3:05

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	2:14	20	0:33	32.7	2:14	20	0:33	32.7
2 (82)	0:48	21	0:16	50.0	3:02	18	0:45	32.9
3 (83)	3:22	14	1:08	50.8	6:24	12	1:27	29.3
4 (84)	1:25	21	0:30	54.6	7:49	14	1:50	30.6
5 (85)	1:40	19	0:38	61.3	9:29	10	2:18	32.0
6 (86)	1:19	5	0:17	27.4	10:48	9	2:30	30.1
7 (87)	1:28	20	0:26	41.9	12:16	9	2:52	30.5
8 (88)	2:14	9	0:18	15.5	14:30	8	2:51	24.5
9 (89)	1:24	1	-	-	15:54	6	2:46	21.1
10 (90)	1:47	1	-	-	17:41	6	2:40	17.8
11 (91)	2:24	1	-	-	20:05	5	2:20	13.2
12 (92)	1:30	18	0:19	26.8	21:35	5	2:32	13.3
13 (93)	1:23	8	0:15	22.1	22:58	5	2:32	12.4
14 (94)	1:28	11	0:22	33.3	24:26	4	2:43	12.5
15 (95)	1:24	9	0:27	47.4	25:50	4	2:54	12.7
16 (96)	1:24	2	0:03	3.7	27:14	4	2:25	9.7
17 (97)	1:22	7	0:11	15.5	28:36	4	2:34	9.9
18 (98)	0:44	3	0:01	2.3	29:20	4	2:29	9.3
19 (99)	0:40	2	0:02	5.3	30:00	4	2:24	8.7
20 (101)	2:05	2	0:05	4.2	32:05	4	2:20	7.8
21 (78)	0:49	7	0:06	14.0	32:54	4	2:21	7.7
22 (53)	0:40	15	0:06	17.7	33:34	4	2:25	7.8
23 (102)	1:06	14	0:17	34.7	34:40	4	2:35	8.1
24 (103)	2:04	20	0:46	59.0	36:44	4	3:08	9.3
25 (104)	0:50	7	0:04	8.7	37:34	4	3:10	9.2
26 (100)	0:25	1	-	-	37:59	4	3:05	8.8
□□	0:20	9	0:03	17.7	38:19	4	3:05	8.8