



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Zvirgzdiņš, Kaspars

□□: Ozons

□□□: 45:32

□□□□: 8:24 min/km

□□: 5.41 km / 26 □□

□□□□:

Men 35-

□□□□□: 14(of 33)

□□□□□□: 35:14

□□: 10:18

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	1:54	10	0:13	12.9	1:54	10	0:13	12.9
2 (82)	0:42	12	0:10	31.3	2:36	8	0:19	13.9
3 (83)	3:54	21	1:40	74.6	6:30	13	1:33	31.3
4 (84)	1:09	11	0:14	25.5	7:39	12	1:40	27.9
5 (85)	1:24	10	0:22	35.5	9:03	9	1:52	26.0
6 (86)	1:23	10	0:21	33.9	10:26	8	2:08	25.7
7 (87)	4:06	32	3:04	296.8	14:32	18	5:08	54.6
8 (88)	3:13	24	1:17	66.4	17:45	17	6:06	52.4
9 (89)	1:54	18	0:30	35.7	19:39	17	6:31	49.6
10 (90)	2:07	19	0:20	18.7	21:46	18	6:45	45.0
11 (91)	3:08	17	0:44	30.6	24:54	17	7:09	40.3
12 (92)	1:35	20	0:24	33.8	26:29	17	7:26	39.0
13 (93)	1:27	12	0:19	27.9	27:56	17	7:30	36.7
14 (94)	1:35	17	0:29	43.9	29:31	17	7:48	35.9
15 (95)	1:28	11	0:31	54.4	30:59	16	8:03	35.1
16 (96)	2:10	25	0:49	60.5	33:09	15	8:20	33.6
17 (97)	1:27	10	0:16	22.5	34:36	15	8:34	32.9
18 (98)	0:55	21	0:12	27.9	35:31	15	8:40	32.3
19 (99)	0:46	11	0:08	21.1	36:17	15	8:41	31.5
20 (101)	2:35	22	0:35	29.2	38:52	15	9:07	30.6
21 (78)	0:55	21	0:12	27.9	39:47	15	9:14	30.2
22 (53)	0:46	25	0:12	35.3	40:33	15	9:24	30.2
23 (102)	1:04	10	0:15	30.6	41:37	15	9:32	29.7
24 (103)	2:00	16	0:42	53.9	43:37	14	10:01	29.8
25 (104)	0:55	16	0:09	19.6	44:32	14	10:08	29.5
26 (100)	0:36	25	0:11	44.0	45:08	14	10:14	29.3
□□	0:24	27	0:07	41.2	45:32	14	10:18	29.2