



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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**Naglis, Jānis**

□□: CPSS/Meridiāns/Pārgauja

□□□: 57:56

□□□□: 10:42 min/km

□□: 5.41 km / 26 □□

□□□□:

Men 35-

□□□□□: 24(of 33)

□□□□□□: 35:14

□□: 22:42

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	2:07	15	0:26	25.7	2:07	15	0:26	25.7
2 (82)	2:46	32	2:14	418.8	4:53	27	2:36	113.9
3 (83)	3:36	18	1:22	61.2	8:29	23	3:32	71.4
4 (84)	0:55	1	-	-	9:24	22	3:25	57.1
5 (85)	5:07	33	4:05	395.2	14:31	28	7:20	102.1
6 (86)	1:02	1	-	-	15:33	23	7:15	87.4
7 (87)	6:51	33	5:49	562.9	22:24	30	13:00	138.3
8 (88)	6:17	33	4:21	225.0	28:41	30	17:02	146.2
9 (89)	1:53	16	0:29	34.5	30:34	29	17:26	132.7
10 (90)	2:00	15	0:13	12.2	32:34	29	17:33	116.9
11 (91)	2:51	9	0:27	18.8	35:25	28	17:40	99.5
12 (92)	1:13	2	0:02	2.8	36:38	27	17:35	92.3
13 (93)	1:10	2	0:02	2.9	37:48	27	17:22	85.0
14 (94)	1:22	8	0:16	24.2	39:10	26	17:27	80.4
15 (95)	0:57	1	-	-	40:07	24	17:11	74.9
16 (96)	1:39	10	0:18	22.2	41:46	24	16:57	68.3
17 (97)	4:38	31	3:27	291.6	46:24	24	20:22	78.2
18 (98)	0:55	21	0:12	27.9	47:19	25	20:28	76.2
19 (99)	0:40	2	0:02	5.3	47:59	24	20:23	73.9
20 (101)	2:12	9	0:12	10.0	50:11	24	20:26	68.7
21 (78)	0:45	2	0:02	4.7	50:56	24	20:23	66.7
22 (53)	0:34	1	-	-	51:30	23	20:21	65.3
23 (102)	1:06	14	0:17	34.7	52:36	23	20:31	64.0
24 (103)	3:07	28	1:49	139.7	55:43	24	22:07	65.8
25 (104)	1:27	32	0:41	89.1	57:10	24	22:46	66.2
26 (100)	0:26	2	0:01	4.0	57:36	24	22:42	65.0
□□	0:20	9	0:03	17.7	57:56	24	22:42	64.4