



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Mens, Anton

□□: 110%

□□□: 59:14

□□□□: 10:56 min/km

□□: 5.41 km / 26 □□

□□□□:

Men 35-

□□□□□: 27(of 33)

□□□□□□□: 35:14

□□: 24:00

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	2:14	20	0:33	32.7	2:14	20	0:33	32.7
2 (82)	0:57	26	0:25	78.1	3:11	19	0:54	39.4
3 (83)	4:02	26	1:48	80.6	7:13	19	2:16	45.8
4 (84)	1:34	24	0:39	70.9	8:47	19	2:48	46.8
5 (85)	1:32	17	0:30	48.4	10:19	17	3:08	43.6
6 (86)	4:10	29	3:08	303.2	14:29	20	6:11	74.5
7 (87)	3:57	31	2:55	282.3	18:26	27	9:02	96.1
8 (88)	4:06	29	2:10	112.1	22:32	27	10:53	93.4
9 (89)	2:09	24	0:45	53.6	24:41	27	11:33	87.9
10 (90)	3:07	29	1:20	74.8	27:48	26	12:47	85.1
11 (91)	4:28	25	2:04	86.1	32:16	26	14:31	81.8
12 (92)	1:49	25	0:38	53.5	34:05	26	15:02	78.9
13 (93)	1:37	20	0:29	42.7	35:42	26	15:16	74.7
14 (94)	4:16	31	3:10	287.9	39:58	27	18:15	84.0
15 (95)	2:30	30	1:33	163.2	42:28	27	19:32	85.2
16 (96)	2:20	27	0:59	72.8	44:48	27	19:59	80.5
17 (97)	2:11	26	1:00	84.5	46:59	26	20:57	80.5
18 (98)	1:05	30	0:22	51.2	48:04	27	21:13	79.0
19 (99)	0:59	27	0:21	55.3	49:03	27	21:27	77.7
20 (101)	3:08	27	1:08	56.7	52:11	27	22:26	75.4
21 (78)	1:07	29	0:24	55.8	53:18	28	22:45	74.5
22 (53)	0:46	25	0:12	35.3	54:04	28	22:55	73.6
23 (102)	1:19	27	0:30	61.2	55:23	28	23:18	72.6
24 (103)	1:52	13	0:34	43.6	57:15	27	23:39	70.4
25 (104)	1:04	26	0:18	39.1	58:19	27	23:55	69.5
26 (100)	0:33	19	0:08	32.0	58:52	27	23:58	68.7
□□	0:22	20	0:05	29.4	59:14	27	24:00	68.1