



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Kalniņš, Raivis

□□: Alūksne/Ape OK

□□□: 59:23

□□□□: 10:58 min/km

□□: 5.41 km / 26 □□

□□□□:

Men 35-

□□□□□: 28(of 33)

□□□□□□□: 35:14

□□: 24:09

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	3:56	27	2:15	133.7	3:56	27	2:15	133.7
2 (82)	0:32	1	-	-	4:28	25	2:11	95.6
3 (83)	4:02	26	1:48	80.6	8:30	24	3:33	71.7
4 (84)	1:29	22	0:34	61.8	9:59	25	4:00	66.9
5 (85)	1:32	17	0:30	48.4	11:31	22	4:20	60.3
6 (86)	12:11	33	11:09	1,079.0	23:42	31	15:24	185.5
7 (87)	1:17	9	0:15	24.2	24:59	31	15:35	165.8
8 (88)	4:06	29	2:10	112.1	29:05	31	17:26	149.6
9 (89)	1:54	18	0:30	35.7	30:59	30	17:51	135.9
10 (90)	2:00	15	0:13	12.2	32:59	30	17:58	119.6
11 (91)	4:49	28	2:25	100.7	37:48	30	20:03	113.0
12 (92)	2:06	27	0:55	77.5	39:54	29	20:51	109.5
13 (93)	1:33	17	0:25	36.8	41:27	29	21:01	102.9
14 (94)	1:24	9	0:18	27.3	42:51	29	21:08	97.3
15 (95)	1:42	19	0:45	79.0	44:33	29	21:37	94.3
16 (96)	2:00	24	0:39	48.2	46:33	29	21:44	87.6
17 (97)	1:46	19	0:35	49.3	48:19	29	22:17	85.6
18 (98)	0:57	26	0:14	32.6	49:16	29	22:25	83.5
19 (99)	0:53	21	0:15	39.5	50:09	29	22:33	81.7
20 (101)	2:44	25	0:44	36.7	52:53	29	23:08	77.8
21 (78)	0:52	11	0:09	20.9	53:45	29	23:12	75.9
22 (53)	0:47	28	0:13	38.2	54:32	29	23:23	75.1
23 (102)	1:31	30	0:42	85.7	56:03	29	23:58	74.7
24 (103)	1:45	10	0:27	34.6	57:48	28	24:12	72.0
25 (104)	0:47	2	0:01	2.2	58:35	28	24:11	70.3
26 (100)	0:28	7	0:03	12.0	59:03	28	24:09	69.2
□□	0:20	9	0:03	17.7	59:23	28	24:09	68.5