



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Šillers, Einārs

□□: Ziemeļkurzeme OK

□□□: 36:02

□□□□: 6:43 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 9(of 47)

□□□□□□: 30:19

□□: 5:43

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:46	36	1:15	82.4	2:46	36	1:15	82.4
2 (130)	0:26	4	0:04	18.2	3:12	32	1:12	60.0
3 (81)	2:03	26	0:39	46.4	5:15	29	1:50	53.7
4 (134)	1:07	22	0:16	31.4	6:22	26	2:06	49.2
5 (107)	2:40	19	0:38	31.2	9:02	22	2:38	41.2
6 (88)	1:51	23	0:32	40.5	10:53	20	3:10	41.0
7 (111)	0:57	14	0:09	18.8	11:50	20	3:18	38.7
8 (108)	3:39	36	2:07	138.0	15:29	25	5:25	53.8
9 (129)	0:47	14	0:04	9.3	16:16	23	5:29	50.9
10 (91)	2:49	1	-	-	19:05	19	5:25	39.6
11 (94)	0:42	1	-	-	19:47	19	5:02	34.1
12 (112)	1:12	6	0:06	9.1	20:59	18	5:08	32.4
13 (90)	0:53	3	0:04	8.2	21:52	15	5:08	30.7
14 (125)	0:33	6	0:06	22.2	22:25	14	5:08	29.7
15 (92)	2:44	1	-	-	25:09	12	4:51	23.9
16 (133)	1:53	7	0:17	17.7	27:02	11	5:06	23.3
17 (117)	0:56	1	-	-	27:58	11	5:00	21.8
18 (98)	0:41	4	0:01	2.5	28:39	11	5:01	21.2
19 (128)	2:37	3	0:07	4.7	31:16	9	5:05	19.4
20 (78)	0:18	7	0:02	12.5	31:34	9	5:06	19.3
21 (53)	0:37	11	0:04	12.1	32:11	9	5:10	19.1
22 (121)	1:33	29	0:25	36.8	33:44	10	5:33	19.7
23 (104)	1:33	16	0:13	16.3	35:17	10	5:46	19.5
24 (100)	0:27	3	0:02	8.0	35:44	9	5:45	19.2
□□	0:18	1	-	-	36:02	9	5:43	18.9