



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Soika, Uvis

□□: Ozons

□□□: 38:04

□□□□: 7:06 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 15(of 47)

□□□□□□: 30:19

□□: 7:45

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:54	14	0:23	25.3	1:54	14	0:23	25.3
2 (130)	0:29	10	0:07	31.8	2:23	9	0:23	19.2
3 (81)	2:30	33	1:06	78.6	4:53	23	1:28	42.9
4 (134)	1:21	34	0:30	58.8	6:14	24	1:58	46.1
5 (107)	2:13	3	0:11	9.0	8:27	16	2:03	32.0
6 (88)	4:28	39	3:09	239.2	12:55	29	5:12	67.4
7 (111)	0:54	7	0:06	12.5	13:49	28	5:17	61.9
8 (108)	1:51	11	0:19	20.7	15:40	27	5:36	55.6
9 (129)	0:44	3	0:01	2.3	16:24	26	5:37	52.1
10 (91)	3:18	8	0:29	17.2	19:42	21	6:02	44.2
11 (94)	0:49	7	0:07	16.7	20:31	20	5:46	39.1
12 (112)	1:08	2	0:02	3.0	21:39	20	5:48	36.6
13 (90)	1:01	10	0:12	24.5	22:40	20	5:56	35.5
14 (125)	0:36	13	0:09	33.3	23:16	20	5:59	34.6
15 (92)	2:59	4	0:15	9.2	26:15	17	5:57	29.3
16 (133)	2:01	9	0:25	26.0	28:16	15	6:20	28.9
17 (117)	1:02	6	0:06	10.7	29:18	15	6:20	27.6
18 (98)	0:43	6	0:03	7.5	30:01	15	6:23	27.0
19 (128)	2:46	9	0:16	10.7	32:47	15	6:36	25.2
20 (78)	0:19	17	0:03	18.8	33:06	15	6:38	25.1
21 (53)	1:22	44	0:49	148.5	34:28	15	7:27	27.6
22 (121)	1:16	7	0:08	11.8	35:44	15	7:33	26.8
23 (104)	1:30	11	0:10	12.5	37:14	15	7:43	26.1
24 (100)	0:29	10	0:04	16.0	37:43	15	7:44	25.8
□□	0:21	16	0:03	16.7	38:04	15	7:45	25.6