



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Bisenieks, Māris

□□: Purva Bridējs OK

□□□: 39:09

□□□□: 7:18 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 18(of 47)

□□□□□□: 30:19

□□: 8:50

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:23	29	0:52	57.1	2:23	29	0:52	57.1
2 (130)	0:25	3	0:03	13.6	2:48	22	0:48	40.0
3 (81)	1:41	12	0:17	20.2	4:29	15	1:04	31.2
4 (134)	1:00	12	0:09	17.7	5:29	14	1:13	28.5
5 (107)	2:31	13	0:29	23.8	8:00	11	1:36	25.0
6 (88)	1:33	11	0:14	17.7	9:33	10	1:50	23.8
7 (111)	0:57	14	0:09	18.8	10:30	11	1:58	23.1
8 (108)	2:45	28	1:13	79.4	13:15	11	3:11	31.6
9 (129)	0:51	19	0:08	18.6	14:06	11	3:19	30.8
10 (91)	3:28	12	0:39	23.1	17:34	12	3:54	28.5
11 (94)	1:02	29	0:20	47.6	18:36	12	3:51	26.1
12 (112)	1:53	39	0:47	71.2	20:29	14	4:38	29.2
13 (90)	1:12	23	0:23	46.9	21:41	14	4:57	29.6
14 (125)	0:34	8	0:07	25.9	22:15	13	4:58	28.7
15 (92)	3:17	16	0:33	20.1	25:32	14	5:14	25.8
16 (133)	3:52	40	2:16	141.7	29:24	19	7:28	34.0
17 (117)	1:35	38	0:39	69.6	30:59	20	8:01	34.9
18 (98)	0:56	36	0:16	40.0	31:55	20	8:17	35.1
19 (128)	2:44	7	0:14	9.3	34:39	20	8:28	32.3
20 (78)	0:16	1	-	-	34:55	20	8:27	31.9
21 (53)	0:33	1	-	-	35:28	19	8:27	31.3
22 (121)	1:27	16	0:19	27.9	36:55	19	8:44	31.0
23 (104)	1:25	6	0:05	6.3	38:20	18	8:49	29.9
24 (100)	0:31	19	0:06	24.0	38:51	18	8:52	29.6
□□	0:18	1	-	-	39:09	18	8:50	29.1