



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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**Gritāns, Gints**

□□: Purva Bridējs OK

□□□: 41:49

□□□□: 7:48 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 22(of 47)

□□□□□□: 30:19

□□: 11:30

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	7:00	44	5:29	361.5	7:00	44	5:29	361.5
2 (130)	0:37	28	0:15	68.2	7:37	43	5:37	280.8
3 (81)	1:46	16	0:22	26.2	9:23	42	5:58	174.6
4 (134)	0:59	9	0:08	15.7	10:22	42	6:06	143.0
5 (107)	2:19	4	0:17	13.9	12:41	36	6:17	98.2
6 (88)	2:26	32	1:07	84.8	15:07	34	7:24	95.9
7 (111)	0:56	12	0:08	16.7	16:03	33	7:31	88.1
8 (108)	2:27	25	0:55	59.8	18:30	34	8:26	83.8
9 (129)	0:48	16	0:05	11.6	19:18	34	8:31	79.0
10 (91)	3:31	17	0:42	24.9	22:49	32	9:09	67.0
11 (94)	0:49	7	0:07	16.7	23:38	32	8:53	60.2
12 (112)	1:19	18	0:13	19.7	24:57	30	9:06	57.4
13 (90)	1:13	25	0:24	49.0	26:10	30	9:26	56.4
14 (125)	0:37	16	0:10	37.0	26:47	30	9:30	55.0
15 (92)	3:16	13	0:32	19.5	30:03	27	9:45	48.0
16 (133)	2:02	11	0:26	27.1	32:05	26	10:09	46.3
17 (117)	1:09	14	0:13	23.2	33:14	24	10:16	44.7
18 (98)	0:54	29	0:14	35.0	34:08	25	10:30	44.4
19 (128)	3:05	20	0:35	23.3	37:13	25	11:02	42.1
20 (78)	0:18	7	0:02	12.5	37:31	25	11:03	41.8
21 (53)	0:39	13	0:06	18.2	38:10	25	11:09	41.3
22 (121)	1:24	12	0:16	23.5	39:34	22	11:23	40.4
23 (104)	1:30	11	0:10	12.5	41:04	22	11:33	39.1
24 (100)	0:26	2	0:01	4.0	41:30	22	11:31	38.4
□□	0:19	8	0:01	5.6	41:49	22	11:30	37.9