



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Banga, Aldis

□□: Prizma

□□□: 42:18

□□□□: 7:53 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 24(of 47)

□□□□□□: 30:19

□□: 11:59

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:29	31	0:58	63.7	2:29	31	0:58	63.7
2 (130)	0:30	13	0:08	36.4	2:59	26	0:59	49.2
3 (81)	1:38	9	0:14	16.7	4:37	17	1:12	35.1
4 (134)	1:14	27	0:23	45.1	5:51	20	1:35	37.1
5 (107)	2:25	10	0:23	18.9	8:16	13	1:52	29.2
6 (88)	1:33	11	0:14	17.7	9:49	13	2:06	27.2
7 (111)	1:01	24	0:13	27.1	10:50	13	2:18	27.0
8 (108)	3:07	30	1:35	103.3	13:57	17	3:53	38.6
9 (129)	0:55	26	0:12	27.9	14:52	17	4:05	37.9
10 (91)	4:31	33	1:42	60.4	19:23	20	5:43	41.8
11 (94)	1:34	42	0:52	123.8	20:57	22	6:12	42.0
12 (112)	1:17	12	0:11	16.7	22:14	21	6:23	40.3
13 (90)	1:01	10	0:12	24.5	23:15	21	6:31	38.9
14 (125)	0:35	11	0:08	29.6	23:50	21	6:33	37.9
15 (92)	3:25	17	0:41	25.0	27:15	21	6:57	34.2
16 (133)	2:34	28	0:58	60.4	29:49	20	7:53	35.9
17 (117)	1:00	3	0:04	7.1	30:49	19	7:51	34.2
18 (98)	0:44	9	0:04	10.0	31:33	19	7:55	33.5
19 (128)	2:58	19	0:28	18.7	34:31	19	8:20	31.8
20 (78)	0:18	7	0:02	12.5	34:49	19	8:21	31.6
21 (53)	0:44	26	0:11	33.3	35:33	20	8:32	31.6
22 (121)	4:27	43	3:19	292.7	40:00	25	11:49	41.9
23 (104)	1:30	11	0:10	12.5	41:30	24	11:59	40.6
24 (100)	0:30	15	0:05	20.0	42:00	24	12:01	40.1
□□	0:18	1	-	-	42:18	24	11:59	39.5