



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Strazdiņš, Andris

□□: Purva Bridējs OK

□□□: 45:32

□□□□: 8:29 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 32(of 47)

□□□□□□: 30:19

□□: 15:13

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:00	19	0:29	31.9	2:00	19	0:29	31.9
2 (130)	0:57	38	0:35	159.1	2:57	25	0:57	47.5
3 (81)	2:16	31	0:52	61.9	5:13	28	1:48	52.7
4 (134)	1:11	25	0:20	39.2	6:24	28	2:08	50.0
5 (107)	2:46	24	0:44	36.1	9:10	24	2:46	43.2
6 (88)	7:52	44	6:33	497.5	17:02	39	9:19	120.7
7 (111)	1:07	30	0:19	39.6	18:09	39	9:37	112.7
8 (108)	1:58	13	0:26	28.3	20:07	38	10:03	99.8
9 (129)	1:00	34	0:17	39.5	21:07	38	10:20	95.8
10 (91)	3:59	28	1:10	41.4	25:06	35	11:26	83.7
11 (94)	0:57	24	0:15	35.7	26:03	35	11:18	76.6
12 (112)	1:21	19	0:15	22.7	27:24	35	11:33	72.9
13 (90)	1:11	22	0:22	44.9	28:35	35	11:51	70.8
14 (125)	0:42	31	0:15	55.6	29:17	34	12:00	69.4
15 (92)	3:16	13	0:32	19.5	32:33	34	12:15	60.3
16 (133)	2:06	16	0:30	31.3	34:39	33	12:43	58.0
17 (117)	1:12	19	0:16	28.6	35:51	33	12:53	56.1
18 (98)	0:52	25	0:12	30.0	36:43	33	13:05	55.4
19 (128)	3:23	24	0:53	35.3	40:06	33	13:55	53.2
20 (78)	0:21	29	0:05	31.3	40:27	33	13:59	52.8
21 (53)	0:46	31	0:13	39.4	41:13	33	14:12	52.6
22 (121)	1:30	21	0:22	32.4	42:43	32	14:32	51.6
23 (104)	1:46	33	0:26	32.5	44:29	32	14:58	50.7
24 (100)	0:38	38	0:13	52.0	45:07	32	15:08	50.5
□□	0:25	33	0:07	38.9	45:32	32	15:13	50.2