



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Puupponen, Erno

□□: Espoon Suunta

□□□: 47:12

□□□□: 8:48 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 33(of 47)

□□□□□□: 30:19

□□: 16:53

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:18	27	0:47	51.7	2:18	27	0:47	51.7
2 (130)	0:37	28	0:15	68.2	2:55	24	0:55	45.8
3 (81)	2:05	27	0:41	48.8	5:00	25	1:35	46.3
4 (134)	1:39	40	0:48	94.1	6:39	30	2:23	55.9
5 (107)	3:01	29	0:59	48.4	9:40	28	3:16	51.0
6 (88)	1:38	19	0:19	24.1	11:18	23	3:35	46.4
7 (111)	1:14	38	0:26	54.2	12:32	22	4:00	46.9
8 (108)	2:21	23	0:49	53.3	14:53	21	4:49	47.9
9 (129)	1:25	43	0:42	97.7	16:18	24	5:31	51.2
10 (91)	4:15	29	1:26	50.9	20:33	27	6:53	50.4
11 (94)	1:10	37	0:28	66.7	21:43	26	6:58	47.2
12 (112)	1:38	33	0:32	48.5	23:21	24	7:30	47.3
13 (90)	1:16	30	0:27	55.1	24:37	25	7:53	47.1
14 (125)	1:07	40	0:40	148.2	25:44	26	8:27	48.9
15 (92)	5:22	41	2:38	96.3	31:06	31	10:48	53.2
16 (133)	2:24	27	0:48	50.0	33:30	31	11:34	52.7
17 (117)	1:35	38	0:39	69.6	35:05	31	12:07	52.8
18 (98)	0:56	36	0:16	40.0	36:01	31	12:23	52.4
19 (128)	3:50	39	1:20	53.3	39:51	32	13:40	52.2
20 (78)	0:26	44	0:10	62.5	40:17	32	13:49	52.2
21 (53)	0:47	36	0:14	42.4	41:04	32	14:03	52.0
22 (121)	2:47	42	1:39	145.6	43:51	33	15:40	55.6
23 (104)	2:11	38	0:51	63.8	46:02	33	16:31	56.0
24 (100)	0:44	43	0:19	76.0	46:46	33	16:47	56.0
□□	0:26	36	0:08	44.4	47:12	33	16:53	55.7