



# Rīgas kausi / Riga Cup 2015

Rīga / 18.04.2015

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Pocius, Audrius

□□: Kopa OK

□□□: 48:08

□□□□: 8:58 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 34(of 47)

□□□□□□: 30:19

□□: 17:49

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:00	19	0:29	31.9	2:00	19	0:29	31.9
2 (130)	2:28	42	2:06	572.7	4:28	40	2:28	123.3
3 (81)	3:12	37	1:48	128.6	7:40	39	4:15	124.4
4 (134)	1:13	26	0:22	43.1	8:53	36	4:37	108.2
5 (107)	4:48	39	2:46	136.1	13:41	41	7:17	113.8
6 (88)	2:25	31	1:06	83.5	16:06	38	8:23	108.6
7 (111)	1:16	39	0:28	58.3	17:22	38	8:50	103.5
8 (108)	3:11	32	1:39	107.6	20:33	39	10:29	104.1
9 (129)	0:57	29	0:14	32.6	21:30	39	10:43	99.4
10 (91)	3:52	24	1:03	37.3	25:22	36	11:42	85.6
11 (94)	1:08	33	0:26	61.9	26:30	36	11:45	79.7
12 (112)	1:29	29	0:23	34.9	27:59	36	12:08	76.6
13 (90)	1:19	33	0:30	61.2	29:18	36	12:34	75.1
14 (125)	0:37	16	0:10	37.0	29:55	35	12:38	73.1
15 (92)	3:36	27	0:52	31.7	33:31	35	13:13	65.1
16 (133)	2:21	26	0:45	46.9	35:52	34	13:56	63.5
17 (117)	1:04	9	0:08	14.3	36:56	34	13:58	60.8
18 (98)	0:47	19	0:07	17.5	37:43	34	14:05	59.6
19 (128)	4:02	42	1:32	61.3	41:45	34	15:34	59.5
20 (78)	0:21	29	0:05	31.3	42:06	34	15:38	59.1
21 (53)	0:57	41	0:24	72.7	43:03	34	16:02	59.4
22 (121)	2:20	41	1:12	105.9	45:23	34	17:12	61.0
23 (104)	1:44	31	0:24	30.0	47:07	34	17:36	59.6
24 (100)	0:35	28	0:10	40.0	47:42	34	17:43	59.1
□□	0:26	36	0:08	44.4	48:08	34	17:49	58.8