



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Martin, Sascha

□□: SV Bad Dueben

□□□: 55:59

□□□□: 10:26 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 37(of 47)

□□□□□□: 30:19

□□: 25:40

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:16	26	0:45	49.5	2:16	26	0:45	49.5
2 (130)	0:47	37	0:25	113.6	3:03	28	1:03	52.5
3 (81)	3:52	39	2:28	176.2	6:55	35	3:30	102.4
4 (134)	1:14	27	0:23	45.1	8:09	33	3:53	91.0
5 (107)	4:40	38	2:38	129.5	12:49	37	6:25	100.3
6 (88)	6:39	43	5:20	405.1	19:28	42	11:45	152.3
7 (111)	1:13	35	0:25	52.1	20:41	42	12:09	142.4
8 (108)	5:54	42	4:22	284.8	26:35	41	16:31	164.1
9 (129)	1:01	35	0:18	41.9	27:36	41	16:49	156.0
10 (91)	4:49	37	2:00	71.0	32:25	39	18:45	137.2
11 (94)	1:08	33	0:26	61.9	33:33	39	18:48	127.5
12 (112)	2:46	43	1:40	151.5	36:19	40	20:28	129.1
13 (90)	1:15	28	0:26	53.1	37:34	40	20:50	124.5
14 (125)	0:43	33	0:16	59.3	38:17	40	21:00	121.5
15 (92)	3:43	30	0:59	36.0	42:00	40	21:42	106.9
16 (133)	2:19	25	0:43	44.8	44:19	39	22:23	102.1
17 (117)	1:18	28	0:22	39.3	45:37	38	22:39	98.6
18 (98)	0:54	29	0:14	35.0	46:31	37	22:53	96.8
19 (128)	3:50	39	1:20	53.3	50:21	38	24:10	92.3
20 (78)	0:17	3	0:01	6.3	50:38	38	24:10	91.3
21 (53)	0:42	20	0:09	27.3	51:20	38	24:19	90.0
22 (121)	1:40	34	0:32	47.1	53:00	38	24:49	88.1
23 (104)	1:55	35	0:35	43.8	54:55	37	25:24	86.1
24 (100)	0:39	41	0:14	56.0	55:34	37	25:35	85.3
□□	0:25	33	0:07	38.9	55:59	37	25:40	84.7