



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Rutkauskas, Arvydas

□□: Ažuolas OK

□□□: 56:58

□□□□: 10:37 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 39(of 47)

□□□□□□□: 30:19

□□: 26:39

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	4:19	43	2:48	184.6	4:19	43	2:48	184.6
2 (130)	0:40	33	0:18	81.8	4:59	41	2:59	149.2
3 (81)	2:01	25	0:37	44.1	7:00	36	3:35	104.9
4 (134)	1:41	41	0:50	98.0	8:41	35	4:25	103.5
5 (107)	3:22	33	1:20	65.6	12:03	34	5:39	88.3
6 (88)	2:20	29	1:01	77.2	14:23	32	6:40	86.4
7 (111)	1:12	34	0:24	50.0	15:35	32	7:03	82.6
8 (108)	3:37	34	2:05	135.9	19:12	36	9:08	90.7
9 (129)	1:10	42	0:27	62.8	20:22	37	9:35	88.9
10 (91)	5:21	39	2:32	89.9	25:43	37	12:03	88.2
11 (94)	2:01	43	1:19	188.1	27:44	37	12:59	88.0
12 (112)	1:50	37	0:44	66.7	29:34	37	13:43	86.5
13 (90)	1:23	39	0:34	69.4	30:57	37	14:13	85.0
14 (125)	0:48	36	0:21	77.8	31:45	36	14:28	83.7
15 (92)	8:55	44	6:11	226.2	40:40	37	20:22	100.3
16 (133)	3:29	39	1:53	117.7	44:09	37	22:13	101.3
17 (117)	2:03	41	1:07	119.6	46:12	39	23:14	101.2
18 (98)	0:53	26	0:13	32.5	47:05	39	23:27	99.2
19 (128)	4:28	43	1:58	78.7	51:33	40	25:22	96.9
20 (78)	0:21	29	0:05	31.3	51:54	40	25:26	96.1
21 (53)	0:42	20	0:09	27.3	52:36	40	25:35	94.7
22 (121)	1:38	33	0:30	44.1	54:14	40	26:03	92.4
23 (104)	1:47	34	0:27	33.8	56:01	39	26:30	89.8
24 (100)	0:33	23	0:08	32.0	56:34	39	26:35	88.7
□□	0:24	29	0:06	33.3	56:58	39	26:39	87.9