



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Vaidakovs, Juris

□□: Ziemeļkurzeme OK

□□□: 57:23

□□□□: 10:42 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 40(of 47)

□□□□□□: 30:19

□□: 27:04

□□□□

| □□       | □□   | □□ | □□   | □□      | □□□   | □□ | □□    | □□    |
|----------|------|----|------|---------|-------|----|-------|-------|
|          | □□   | -  | -    | %       | □□    | -  | -     | %     |
| 1 (105)  | 2:29 | 31 | 0:58 | 63.7    | 2:29  | 31 | 0:58  | 63.7  |
| 2 (130)  | 5:33 | 44 | 5:11 | 1,413.6 | 8:02  | 44 | 6:02  | 301.7 |
| 3 (81)   | 4:18 | 40 | 2:54 | 207.1   | 12:20 | 44 | 8:55  | 261.0 |
| 4 (134)  | 1:16 | 32 | 0:25 | 49.0    | 13:36 | 44 | 9:20  | 218.8 |
| 5 (107)  | 3:14 | 32 | 1:12 | 59.0    | 16:50 | 42 | 10:26 | 163.0 |
| 6 (88)   | 2:02 | 26 | 0:43 | 54.4    | 18:52 | 41 | 11:09 | 144.5 |
| 7 (111)  | 1:08 | 32 | 0:20 | 41.7    | 20:00 | 41 | 11:28 | 134.4 |
| 8 (108)  | 7:42 | 43 | 6:10 | 402.2   | 27:42 | 42 | 17:38 | 175.2 |
| 9 (129)  | 0:59 | 32 | 0:16 | 37.2    | 28:41 | 42 | 17:54 | 166.0 |
| 10 (91)  | 5:08 | 38 | 2:19 | 82.3    | 33:49 | 41 | 20:09 | 147.4 |
| 11 (94)  | 1:08 | 33 | 0:26 | 61.9    | 34:57 | 41 | 20:12 | 137.0 |
| 12 (112) | 1:41 | 34 | 0:35 | 53.0    | 36:38 | 41 | 20:47 | 131.1 |
| 13 (90)  | 1:19 | 33 | 0:30 | 61.2    | 37:57 | 41 | 21:13 | 126.8 |
| 14 (125) | 0:39 | 24 | 0:12 | 44.4    | 38:36 | 41 | 21:19 | 123.3 |
| 15 (92)  | 3:38 | 28 | 0:54 | 32.9    | 42:14 | 41 | 21:56 | 108.1 |
| 16 (133) | 2:39 | 30 | 1:03 | 65.6    | 44:53 | 40 | 22:57 | 104.6 |
| 17 (117) | 1:33 | 36 | 0:37 | 66.1    | 46:26 | 40 | 23:28 | 102.2 |
| 18 (98)  | 0:53 | 26 | 0:13 | 32.5    | 47:19 | 40 | 23:41 | 100.2 |
| 19 (128) | 3:30 | 31 | 1:00 | 40.0    | 50:49 | 39 | 24:38 | 94.1  |
| 20 (78)  | 0:24 | 39 | 0:08 | 50.0    | 51:13 | 39 | 24:45 | 93.5  |
| 21 (53)  | 0:52 | 40 | 0:19 | 57.6    | 52:05 | 39 | 25:04 | 92.8  |
| 22 (121) | 2:00 | 38 | 0:52 | 76.5    | 54:05 | 39 | 25:54 | 91.9  |
| 23 (104) | 2:13 | 40 | 0:53 | 66.3    | 56:18 | 40 | 26:47 | 90.7  |
| 24 (100) | 0:37 | 33 | 0:12 | 48.0    | 56:55 | 40 | 26:56 | 89.8  |
| □□       | 0:28 | 43 | 0:10 | 55.6    | 57:23 | 40 | 27:04 | 89.3  |