



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

## Freidenfelds, Valters

□□: Ziemeļkurzeme OK

□□□: 38:32

□□□□: 7:11 min/km

□□: 5.36 km / 24 □□

□□□□:  
Men 45-

□□□□□: 6(of 38)

□□□□□□: 32:38

□□: 5:54

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:55	10	0:14	13.9	1:55	10	0:14	13.9
2 (130)	0:29	5	0:05	20.8	2:24	6	0:09	6.7
3 (81)	1:41	3	0:13	14.8	4:05	3	0:22	9.9
4 (134)	1:01	4	0:08	15.1	5:06	4	0:29	10.5
5 (107)	2:19	2	0:06	4.5	7:25	3	0:10	2.3
6 (88)	2:18	22	0:56	68.3	9:43	5	0:48	9.0
7 (111)	1:05	8	0:11	20.4	10:48	4	0:49	8.2
8 (108)	1:58	5	0:20	20.4	12:46	4	1:09	9.9
9 (129)	0:48	2	0:01	2.1	13:34	4	1:04	8.5
10 (91)	3:22	7	0:27	15.4	16:56	3	1:21	8.7
11 (94)	0:48	3	0:02	4.4	17:44	3	1:16	7.7
12 (112)	1:20	5	0:06	8.1	19:04	3	1:22	7.7
13 (90)	1:01	4	0:08	15.1	20:05	3	1:23	7.4
14 (125)	0:35	2	0:05	16.7	20:40	3	1:28	7.6
15 (92)	3:19	6	0:26	15.0	23:59	3	1:54	8.6
16 (133)	4:58	31	3:12	181.1	28:57	6	5:06	21.4
17 (117)	1:16	11	0:15	24.6	30:13	6	5:21	21.5
18 (98)	0:50	10	0:10	25.0	31:03	6	5:31	21.6
19 (128)	2:46	1	-	-	33:49	6	5:21	18.8
20 (78)	0:20	14	0:06	42.9	34:09	6	5:25	18.9
21 (53)	0:37	3	0:01	2.8	34:46	6	5:25	18.5
22 (121)	1:17	3	0:07	10.0	36:03	6	5:32	18.1
23 (104)	1:36	7	0:17	21.5	37:39	6	5:49	18.3
24 (100)	0:33	6	0:06	22.2	38:12	6	5:55	18.3
□□	0:20	3	0:02	11.1	38:32	6	5:54	18.1