



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Knēts, Juris

□□: CPSS/Meridiāns/Pārgauja

□□□: 44:43

□□□□: 8:20 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 10(of 38)

□□□□□□: 32:38

□□: 12:05

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:32	17	0:51	50.5	2:32	17	0:51	50.5
2 (130)	0:35	14	0:11	45.8	3:07	14	0:52	38.5
3 (81)	2:31	23	1:03	71.6	5:38	13	1:55	51.6
4 (134)	1:17	13	0:24	45.3	6:55	13	2:18	49.8
5 (107)	2:33	4	0:20	15.0	9:28	9	2:13	30.6
6 (88)	2:19	23	0:57	69.5	11:47	12	2:52	32.2
7 (111)	1:38	27	0:44	81.5	13:25	12	3:26	34.4
8 (108)	2:12	11	0:34	34.7	15:37	10	4:00	34.4
9 (129)	0:59	13	0:12	25.5	16:36	10	4:06	32.8
10 (91)	6:24	30	3:29	119.4	23:00	13	7:25	47.6
11 (94)	0:54	9	0:08	17.4	23:54	13	7:26	45.1
12 (112)	1:24	10	0:10	13.5	25:18	13	7:36	42.9
13 (90)	1:12	17	0:19	35.9	26:30	13	7:48	41.7
14 (125)	0:37	7	0:07	23.3	27:07	13	7:55	41.2
15 (92)	3:54	14	1:01	35.3	31:01	11	8:56	40.5
16 (133)	2:10	10	0:24	22.6	33:11	10	9:20	39.1
17 (117)	1:28	18	0:27	44.3	34:39	10	9:47	39.3
18 (98)	1:18	29	0:38	95.0	35:57	12	10:25	40.8
19 (128)	3:29	18	0:43	25.9	39:26	11	10:58	38.5
20 (78)	0:19	8	0:05	35.7	39:45	11	11:01	38.3
21 (53)	0:39	8	0:03	8.3	40:24	11	11:03	37.7
22 (121)	1:45	25	0:35	50.0	42:09	10	11:38	38.1
23 (104)	1:35	5	0:16	20.3	43:44	10	11:54	37.4
24 (100)	0:36	18	0:09	33.3	44:20	10	12:03	37.3
□□	0:23	8	0:05	27.8	44:43	10	12:05	37.0