



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Ducens, Juris

□□: Auseklis IK

□□□: 47:27

□□□□: 8:51 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 14(of 38)

□□□□□□: 32:38

□□: 14:49

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	3:21	25	1:40	99.0	3:21	25	1:40	99.0
2 (130)	0:42	21	0:18	75.0	4:03	26	1:48	80.0
3 (81)	2:02	17	0:34	38.6	6:05	19	2:22	63.7
4 (134)	1:36	20	0:43	81.1	7:41	18	3:04	66.4
5 (107)	4:18	22	2:05	94.0	11:59	20	4:44	65.3
6 (88)	2:20	24	0:58	70.7	14:19	19	5:24	60.6
7 (111)	1:28	25	0:34	63.0	15:47	18	5:48	58.1
8 (108)	3:00	21	1:22	83.7	18:47	18	7:10	61.7
9 (129)	0:55	10	0:08	17.0	19:42	17	7:12	57.6
10 (91)	3:56	12	1:01	34.9	23:38	14	8:03	51.7
11 (94)	0:59	14	0:13	28.3	24:37	14	8:09	49.5
12 (112)	1:25	12	0:11	14.9	26:02	14	8:20	47.1
13 (90)	1:16	20	0:23	43.4	27:18	15	8:36	46.0
14 (125)	0:47	22	0:17	56.7	28:05	15	8:53	46.3
15 (92)	4:00	16	1:07	38.7	32:05	14	10:00	45.3
16 (133)	2:43	24	0:57	53.8	34:48	13	10:57	45.9
17 (117)	1:36	22	0:35	57.4	36:24	13	11:32	46.4
18 (98)	0:53	15	0:13	32.5	37:17	13	11:45	46.0
19 (128)	3:54	24	1:08	41.0	41:11	14	12:43	44.7
20 (78)	0:22	24	0:08	57.1	41:33	14	12:49	44.6
21 (53)	0:44	16	0:08	22.2	42:17	14	12:56	44.1
22 (121)	2:13	29	1:03	90.0	44:30	15	13:59	45.8
23 (104)	1:49	15	0:30	38.0	46:19	14	14:29	45.5
24 (100)	0:41	27	0:14	51.9	47:00	14	14:43	45.6
□□	0:27	26	0:09	50.0	47:27	14	14:49	45.4