



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lācis, Alberts

□□: Purva Bridējs OK

□□□: 47:43

□□□□: 8:54 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 15(of 38)

□□□□□□: 32:38

□□: 15:05

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	3:03	24	1:22	81.2	3:03	24	1:22	81.2
2 (130)	0:30	7	0:06	25.0	3:33	20	1:18	57.8
3 (81)	2:01	15	0:33	37.5	5:34	11	1:51	49.8
4 (134)	1:09	9	0:16	30.2	6:43	12	2:06	45.5
5 (107)	3:04	14	0:51	38.4	9:47	12	2:32	34.9
6 (88)	1:48	16	0:26	31.7	11:35	11	2:40	29.9
7 (111)	1:11	15	0:17	31.5	12:46	8	2:47	27.9
8 (108)	3:30	25	1:52	114.3	16:16	13	4:39	40.0
9 (129)	1:05	24	0:18	38.3	17:21	12	4:51	38.8
10 (91)	4:42	22	1:47	61.1	22:03	12	6:28	41.5
11 (94)	1:02	20	0:16	34.8	23:05	12	6:37	40.2
12 (112)	1:28	15	0:14	18.9	24:33	12	6:51	38.7
13 (90)	1:15	19	0:22	41.5	25:48	12	7:06	38.0
14 (125)	0:54	28	0:24	80.0	26:42	12	7:30	39.1
15 (92)	4:21	23	1:28	50.9	31:03	12	8:58	40.6
16 (133)	2:18	14	0:32	30.2	33:21	12	9:30	39.8
17 (117)	1:36	22	0:35	57.4	34:57	12	10:05	40.6
18 (98)	0:55	20	0:15	37.5	35:52	11	10:20	40.5
19 (128)	3:57	25	1:11	42.8	39:49	12	11:21	39.9
20 (78)	0:20	14	0:06	42.9	40:09	12	11:25	39.7
21 (53)	2:03	33	1:27	241.7	42:12	13	12:51	43.8
22 (121)	2:15	30	1:05	92.9	44:27	14	13:56	45.7
23 (104)	2:08	26	0:49	62.0	46:35	15	14:45	46.3
24 (100)	0:42	28	0:15	55.6	47:17	15	15:00	46.5
□□	0:26	22	0:08	44.4	47:43	15	15:05	46.2