



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Salmiņš, Ģirts

□□: Saldus OK

□□□: 48:51

□□□□: 9:06 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 18(of 38)

□□□□□□: 32:38

□□: 16:13

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (105)	1:45	5	0:04	4.0	1:45	5	0:04	4.0
2 (130)	0:43	22	0:19	79.2	2:28	8	0:13	9.6
3 (81)	3:52	30	2:24	163.6	6:20	22	2:37	70.4
4 (134)	1:11	10	0:18	34.0	7:31	16	2:54	62.8
5 (107)	5:35	25	3:22	151.9	13:06	21	5:51	80.7
6 (88)	1:46	13	0:24	29.3	14:52	20	5:57	66.7
7 (111)	1:16	19	0:22	40.7	16:08	20	6:09	61.6
8 (108)	2:15	14	0:37	37.8	18:23	15	6:46	58.3
9 (129)	0:59	13	0:12	25.5	19:22	15	6:52	54.9
10 (91)	4:26	19	1:31	52.0	23:48	15	8:13	52.7
11 (94)	1:08	22	0:22	47.8	24:56	16	8:28	51.4
12 (112)	1:27	13	0:13	17.6	26:23	16	8:41	49.1
13 (90)	1:17	21	0:24	45.3	27:40	16	8:58	48.0
14 (125)	0:38	8	0:08	26.7	28:18	16	9:06	47.4
15 (92)	4:37	26	1:44	60.1	32:55	16	10:50	49.1
16 (133)	2:22	16	0:36	34.0	35:17	15	11:26	47.9
17 (117)	1:41	24	0:40	65.6	36:58	15	12:06	48.7
18 (98)	0:59	24	0:19	47.5	37:57	15	12:25	48.6
19 (128)	5:05	29	2:19	83.7	43:02	17	14:34	51.2
20 (78)	0:25	27	0:11	78.6	43:27	17	14:43	51.2
21 (53)	0:45	20	0:09	25.0	44:12	17	14:51	50.6
22 (121)	1:55	27	0:45	64.3	46:07	17	15:36	51.1
23 (104)	1:45	13	0:26	32.9	47:52	18	16:02	50.4
24 (100)	0:34	12	0:07	25.9	48:26	18	16:09	50.0
□□	0:25	19	0:07	38.9	48:51	18	16:13	49.7