



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Kalniņš, Ints

□□: Briksnis SK

□□□: 50:23

□□□□: 9:23 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 19(of 38)

□□□□□□: 32:38

□□: 17:45

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:38	21	0:57	56.4	2:38	21	0:57	56.4
2 (130)	1:19	31	0:55	229.2	3:57	24	1:42	75.6
3 (81)	1:56	12	0:28	31.8	5:53	17	2:10	58.3
4 (134)	2:04	29	1:11	134.0	7:57	21	3:20	72.2
5 (107)	2:48	11	0:35	26.3	10:45	16	3:30	48.3
6 (88)	2:22	25	1:00	73.2	13:07	17	4:12	47.1
7 (111)	1:10	14	0:16	29.6	14:17	16	4:18	43.1
8 (108)	2:19	16	0:41	41.8	16:36	14	4:59	42.9
9 (129)	0:59	13	0:12	25.5	17:35	13	5:05	40.7
10 (91)	3:50	10	0:55	31.4	21:25	11	5:50	37.4
11 (94)	0:59	14	0:13	28.3	22:24	11	5:56	36.0
12 (112)	1:36	20	0:22	29.7	24:00	11	6:18	35.6
13 (90)	1:09	13	0:16	30.2	25:09	11	6:27	34.5
14 (125)	0:47	22	0:17	56.7	25:56	11	6:44	35.1
15 (92)	4:04	19	1:11	41.0	30:00	10	7:55	35.9
16 (133)	8:26	34	6:40	377.4	38:26	18	14:35	61.2
17 (117)	1:35	21	0:34	55.7	40:01	18	15:09	60.9
18 (98)	0:50	10	0:10	25.0	40:51	18	15:19	60.0
19 (128)	3:20	16	0:34	20.5	44:11	19	15:43	55.2
20 (78)	0:47	33	0:33	235.7	44:58	19	16:14	56.5
21 (53)	0:48	24	0:12	33.3	45:46	19	16:25	55.9
22 (121)	1:33	13	0:23	32.9	47:19	19	16:48	55.1
23 (104)	2:01	23	0:42	53.2	49:20	19	17:30	55.0
24 (100)	0:39	24	0:12	44.4	49:59	19	17:42	54.8
□□	0:24	14	0:06	33.3	50:23	19	17:45	54.4