



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Laķis, Dzintars

□□: Auseklis IK

□□□: 52:34

□□□□: 9:48 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 21(of 38)

□□□□□□□: 32:38

□□: 19:56

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:33	18	0:52	51.5	2:33	18	0:52	51.5
2 (130)	0:49	26	0:25	104.2	3:22	17	1:07	49.6
3 (81)	2:51	26	1:23	94.3	6:13	20	2:30	67.3
4 (134)	1:34	19	0:41	77.4	7:47	19	3:10	68.6
5 (107)	3:31	18	1:18	58.7	11:18	18	4:03	55.9
6 (88)	6:01	32	4:39	340.2	17:19	23	8:24	94.2
7 (111)	1:22	22	0:28	51.9	18:41	22	8:42	87.2
8 (108)	2:28	19	0:50	51.0	21:09	20	9:32	82.1
9 (129)	1:18	30	0:31	66.0	22:27	20	9:57	79.6
10 (91)	4:16	16	1:21	46.3	26:43	21	11:08	71.4
11 (94)	1:12	26	0:26	56.5	27:55	21	11:27	69.5
12 (112)	1:46	26	0:32	43.2	29:41	21	11:59	67.7
13 (90)	1:20	25	0:27	50.9	31:01	20	12:19	65.9
14 (125)	0:54	28	0:24	80.0	31:55	20	12:43	66.2
15 (92)	6:42	33	3:49	132.4	38:37	23	16:32	74.9
16 (133)	2:12	13	0:26	24.5	40:49	22	16:58	71.1
17 (117)	1:18	13	0:17	27.9	42:07	21	17:15	69.4
18 (98)	0:57	22	0:17	42.5	43:04	21	17:32	68.7
19 (128)	3:49	22	1:03	38.0	46:53	21	18:25	64.7
20 (78)	0:21	21	0:07	50.0	47:14	21	18:30	64.4
21 (53)	0:47	23	0:11	30.6	48:01	21	18:40	63.6
22 (121)	1:34	14	0:24	34.3	49:35	20	19:04	62.5
23 (104)	1:49	15	0:30	38.0	51:24	20	19:34	61.5
24 (100)	0:43	29	0:16	59.3	52:07	20	19:50	61.4
□□	0:27	26	0:09	50.0	52:34	21	19:56	61.1