



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Venäläinen, Toni

□□: Valkeakosken Haka

□□□: 53:35

□□□□: 9:59 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 22(of 38)

□□□□□□: 32:38

□□: 20:57

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:54	8	0:13	12.9	1:54	8	0:13	12.9
2 (130)	0:43	22	0:19	79.2	2:37	10	0:22	16.3
3 (81)	6:55	32	5:27	371.6	9:32	29	5:49	156.5
4 (134)	3:16	33	2:23	269.8	12:48	29	8:11	177.3
5 (107)	5:26	23	3:13	145.1	18:14	29	10:59	151.5
6 (88)	2:48	28	1:26	104.9	21:02	27	12:07	135.9
7 (111)	1:19	21	0:25	46.3	22:21	27	12:22	123.9
8 (108)	2:14	13	0:36	36.7	24:35	25	12:58	111.6
9 (129)	1:01	17	0:14	29.8	25:36	25	13:06	104.8
10 (91)	5:13	26	2:18	78.9	30:49	25	15:14	97.8
11 (94)	1:09	24	0:23	50.0	31:58	25	15:30	94.1
12 (112)	1:38	21	0:24	32.4	33:36	25	15:54	89.8
13 (90)	1:22	27	0:29	54.7	34:58	25	16:16	87.0
14 (125)	0:39	10	0:09	30.0	35:37	25	16:25	85.5
15 (92)	4:02	18	1:09	39.9	39:39	25	17:34	79.6
16 (133)	2:23	17	0:37	34.9	42:02	24	18:11	76.2
17 (117)	1:34	20	0:33	54.1	43:36	22	18:44	75.3
18 (98)	0:55	20	0:15	37.5	44:31	22	18:59	74.4
19 (128)	3:44	21	0:58	34.9	48:15	22	19:47	69.5
20 (78)	0:21	21	0:07	50.0	48:36	23	19:52	69.1
21 (53)	0:44	16	0:08	22.2	49:20	23	19:59	68.1
22 (121)	1:35	16	0:25	35.7	50:55	23	20:24	66.9
23 (104)	1:40	11	0:21	26.6	52:35	22	20:45	65.2
24 (100)	0:35	15	0:08	29.6	53:10	22	20:53	64.7
□□	0:25	19	0:07	38.9	53:35	22	20:57	64.2