



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Kantanen, Olli

□□: OK77

□□□: 56:01

□□□□: 10:27 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 24(of 38)

□□□□□□: 32:38

□□: 23:23

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:54	8	0:13	12.9	1:54	8	0:13	12.9
2 (130)	1:47	33	1:23	345.8	3:41	21	1:26	63.7
3 (81)	10:48	33	9:20	636.4	14:29	33	10:46	289.7
4 (134)	1:52	28	0:59	111.3	16:21	33	11:44	254.2
5 (107)	3:15	16	1:02	46.6	19:36	31	12:21	170.3
6 (88)	1:29	2	0:07	8.5	21:05	28	12:10	136.5
7 (111)	7:14	32	6:20	703.7	28:19	32	18:20	183.6
8 (108)	3:21	24	1:43	105.1	31:40	31	20:03	172.6
9 (129)	1:04	23	0:17	36.2	32:44	31	20:14	161.9
10 (91)	3:42	8	0:47	26.9	36:26	30	20:51	133.8
11 (94)	1:01	19	0:15	32.6	37:27	30	20:59	127.4
12 (112)	1:23	7	0:09	12.2	38:50	29	21:08	119.4
13 (90)	1:07	9	0:14	26.4	39:57	29	21:15	113.6
14 (125)	0:39	10	0:09	30.0	40:36	29	21:24	111.5
15 (92)	3:33	9	0:40	23.1	44:09	29	22:04	99.9
16 (133)	1:53	2	0:07	6.6	46:02	27	22:11	93.0
17 (117)	1:01	1	-	-	47:03	26	22:11	89.2
18 (98)	0:45	4	0:05	12.5	47:48	26	22:16	87.2
19 (128)	2:53	4	0:07	4.2	50:41	25	22:13	78.0
20 (78)	0:20	14	0:06	42.9	51:01	25	22:17	77.6
21 (53)	0:40	10	0:04	11.1	51:41	25	22:20	76.1
22 (121)	1:22	7	0:12	17.1	53:03	24	22:32	73.8
23 (104)	1:55	20	0:36	45.6	54:58	24	23:08	72.7
24 (100)	0:36	18	0:09	33.3	55:34	24	23:17	72.1
□□	0:27	26	0:09	50.0	56:01	24	23:23	71.7