



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Rikšis, Mārtiņš

□□: Mona OK

□□□: 57:08

□□□□: 10:39 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 25(of 38)

□□□□□□□: 32:38

□□: 24:30

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:36	20	0:55	54.5	2:36	20	0:55	54.5
2 (130)	0:55	27	0:31	129.2	3:31	18	1:16	56.3
3 (81)	2:29	21	1:01	69.3	6:00	18	2:17	61.4
4 (134)	1:33	18	0:40	75.5	7:33	17	2:56	63.5
5 (107)	4:06	21	1:53	85.0	11:39	19	4:24	60.7
6 (88)	2:07	20	0:45	54.9	13:46	18	4:51	54.4
7 (111)	1:22	22	0:28	51.9	15:08	17	5:09	51.6
8 (108)	3:30	25	1:52	114.3	18:38	16	7:01	60.4
9 (129)	1:25	31	0:38	80.9	20:03	18	7:33	60.4
10 (91)	5:48	28	2:53	98.9	25:51	19	10:16	65.9
11 (94)	1:19	29	0:33	71.7	27:10	19	10:42	65.0
12 (112)	2:19	33	1:05	87.8	29:29	20	11:47	66.6
13 (90)	1:36	29	0:43	81.1	31:05	21	12:23	66.2
14 (125)	0:54	28	0:24	80.0	31:59	21	12:47	66.6
15 (92)	6:03	31	3:10	109.8	38:02	21	15:57	72.2
16 (133)	3:12	28	1:26	81.1	41:14	23	17:23	72.9
17 (117)	3:40	31	2:39	260.7	44:54	24	20:02	80.6
18 (98)	1:23	31	0:43	107.5	46:17	24	20:45	81.3
19 (128)	3:53	23	1:07	40.4	50:10	24	21:42	76.2
20 (78)	0:25	27	0:11	78.6	50:35	24	21:51	76.0
21 (53)	0:49	25	0:13	36.1	51:24	24	22:03	75.1
22 (121)	1:42	22	0:32	45.7	53:06	25	22:35	74.0
23 (104)	3:06	33	1:47	135.4	56:12	25	24:22	76.5
24 (100)	0:33	6	0:06	22.2	56:45	25	24:28	75.8
□□	0:23	8	0:05	27.8	57:08	25	24:30	75.1