



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Gailis, Raimonds

□□: Burkānciems OK

□□□: 1:08:10

□□□□: 12:43 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 30(of 38)

□□□□□□: 32:38

□□: 35:32

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	6:23	32	4:42	279.2	6:23	32	4:42	279.2
2 (130)	2:15	34	1:51	462.5	8:38	32	6:23	283.7
3 (81)	2:38	24	1:10	79.6	11:16	30	7:33	203.1
4 (134)	1:43	24	0:50	94.3	12:59	30	8:22	181.2
5 (107)	4:00	19	1:47	80.5	16:59	27	9:44	134.3
6 (88)	4:24	31	3:02	222.0	21:23	29	12:28	139.8
7 (111)	1:32	26	0:38	70.4	22:55	29	12:56	129.6
8 (108)	3:54	28	2:16	138.8	26:49	27	15:12	130.9
9 (129)	1:13	28	0:26	55.3	28:02	27	15:32	124.3
10 (91)	6:34	32	3:39	125.1	34:36	29	19:01	122.0
11 (94)	1:19	29	0:33	71.7	35:55	29	19:27	118.1
12 (112)	3:13	34	1:59	160.8	39:08	30	21:26	121.1
13 (90)	2:16	34	1:23	156.6	41:24	30	22:42	121.4
14 (125)	1:36	34	1:06	220.0	43:00	30	23:48	124.0
15 (92)	4:57	28	2:04	71.7	47:57	31	25:52	117.1
16 (133)	3:42	29	1:56	109.4	51:39	31	27:48	116.6
17 (117)	1:52	29	0:51	83.6	53:31	30	28:39	115.2
18 (98)	1:22	30	0:42	105.0	54:53	30	29:21	115.0
19 (128)	5:11	30	2:25	87.4	1:00:04	30	31:36	111.0
20 (78)	0:25	27	0:11	78.6	1:00:29	30	31:45	110.5
21 (53)	0:53	28	0:17	47.2	1:01:22	30	32:01	109.1
22 (121)	3:04	31	1:54	162.9	1:04:26	30	33:55	111.1
23 (104)	2:22	29	1:03	79.8	1:06:48	30	34:58	109.8
24 (100)	0:49	32	0:22	81.5	1:07:37	30	35:20	109.5
□□	0:33	33	0:15	83.3	1:08:10	30	35:32	108.9