



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Lūkins, Guntis

□□: Meža sports

□□□: 1:09:53

□□□□: 13:02 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 31(of 38)

□□□□□□: 32:38

□□: 37:15

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	9:33	34	7:52	467.3	9:33	34	7:52	467.3
2 (130)	0:55	27	0:31	129.2	10:28	34	8:13	365.2
3 (81)	2:06	18	0:38	43.2	12:34	31	8:51	238.1
4 (134)	3:14	32	2:21	266.0	15:48	32	11:11	242.2
5 (107)	8:15	32	6:02	272.2	24:03	33	16:48	231.7
6 (88)	1:50	17	0:28	34.2	25:53	33	16:58	190.3
7 (111)	3:17	31	2:23	264.8	29:10	33	19:11	192.2
8 (108)	3:05	22	1:27	88.8	32:15	32	20:38	177.6
9 (129)	1:13	28	0:26	55.3	33:28	32	20:58	167.7
10 (91)	5:43	27	2:48	96.0	39:11	32	23:36	151.4
11 (94)	2:27	34	1:41	219.6	41:38	32	25:10	152.8
12 (112)	2:01	31	0:47	63.5	43:39	33	25:57	146.6
13 (90)	2:03	33	1:10	132.1	45:42	33	27:00	144.4
14 (125)	0:59	31	0:29	96.7	46:41	33	27:29	143.1
15 (92)	5:34	30	2:41	93.1	52:15	33	30:10	136.6
16 (133)	3:06	27	1:20	75.5	55:21	33	31:30	132.1
17 (117)	1:48	27	0:47	77.1	57:09	31	32:17	129.8
18 (98)	1:12	28	0:32	80.0	58:21	31	32:49	128.5
19 (128)	4:18	26	1:32	55.4	1:02:39	31	34:11	120.1
20 (78)	0:27	30	0:13	92.9	1:03:06	31	34:22	119.6
21 (53)	1:00	32	0:24	66.7	1:04:06	31	34:45	118.4
22 (121)	1:57	28	0:47	67.1	1:06:03	31	35:32	116.4
23 (104)	2:39	31	1:20	101.3	1:08:42	31	36:52	115.8
24 (100)	0:45	30	0:18	66.7	1:09:27	31	37:10	115.1
□□	0:26	22	0:08	44.4	1:09:53	31	37:15	114.2