



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Strožs, Aldis

□□: Auseklis IK

□□□: 1:26:25

□□□□: 16:07 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 32(of 38)

□□□□□□: 32:38

□□: 53:47

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:48	22	1:07	66.3	2:48	22	1:07	66.3
2 (130)	0:43	22	0:19	79.2	3:31	18	1:16	56.3
3 (81)	2:08	19	0:40	45.5	5:39	14	1:56	52.0
4 (134)	1:38	22	0:45	84.9	7:17	14	2:40	57.8
5 (107)	3:19	17	1:06	49.6	10:36	15	3:21	46.2
6 (88)	2:11	21	0:49	59.8	12:47	16	3:52	43.4
7 (111)	1:14	17	0:20	37.0	14:01	15	4:02	40.4
8 (108)	19:02	33	17:24	1,065.3	33:03	33	21:26	184.5
9 (129)	1:02	19	0:15	31.9	34:05	33	21:35	172.7
10 (91)	6:31	31	3:36	123.4	40:36	33	25:01	160.5
11 (94)	1:08	22	0:22	47.8	41:44	33	25:16	153.4
12 (112)	1:53	28	0:39	52.7	43:37	32	25:55	146.4
13 (90)	1:43	31	0:50	94.3	45:20	32	26:38	142.4
14 (125)	0:46	21	0:16	53.3	46:06	32	26:54	140.1
15 (92)	4:33	24	1:40	57.8	50:39	32	28:34	129.4
16 (133)	2:59	26	1:13	68.9	53:38	32	29:47	124.9
17 (117)	14:42	33	13:41	1,345.9	1:08:20	32	43:28	174.8
18 (98)	1:30	32	0:50	125.0	1:09:50	32	44:18	173.5
19 (128)	4:38	28	1:52	67.5	1:14:28	32	46:00	161.6
20 (78)	0:21	21	0:07	50.0	1:14:49	32	46:05	160.4
21 (53)	0:53	28	0:17	47.2	1:15:42	32	46:21	157.9
22 (121)	6:57	33	5:47	495.7	1:22:39	32	52:08	170.8
23 (104)	2:15	28	0:56	70.9	1:24:54	32	53:04	166.7
24 (100)	0:55	33	0:28	103.7	1:25:49	32	53:32	165.8
□□	0:36	34	0:18	100.0	1:26:25	32	53:47	164.8