



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Mamis, Ģirts

□□: Mona OK

□□□: 36:37

□□□□: 7:20 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 5(of 29)

□□□□□□□: 32:54

□□: 3:43

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (127) | 3:44 | 19 | 1:49 | 94.8 | 3:44 | 19 | 1:49 | 94.8 |
| 2 (106) | 0:46 | 3 | 0:09 | 24.3 | 4:30 | 14 | 1:51 | 69.8 |
| 3 (108) | 3:41 | 20 | 1:53 | 104.6 | 8:11 | 15 | 3:00 | 57.9 |
| 4 (124) | 1:32 | 3 | 0:06 | 7.0 | 9:43 | 11 | 3:06 | 46.9 |
| 5 (110) | 1:06 | 1 | - | - | 10:49 | 8 | 3:06 | 40.2 |
| 6 (129) | 1:28 | 2 | 0:04 | 4.8 | 12:17 | 6 | 2:43 | 28.4 |
| 7 (89) | 1:23 | 3 | 0:03 | 3.8 | 13:40 | 5 | 2:43 | 24.8 |
| 8 (125) | 2:46 | 6 | 0:31 | 23.0 | 16:26 | 5 | 2:59 | 22.2 |
| 9 (113) | 2:04 | 2 | 0:02 | 1.6 | 18:30 | 5 | 2:56 | 18.8 |
| 10 (91) | 0:44 | 4 | 0:03 | 7.3 | 19:14 | 5 | 2:57 | 18.1 |
| 11 (112) | 1:44 | 1 | - | - | 20:58 | 5 | 2:55 | 16.2 |
| 12 (88) | 1:22 | 1 | - | - | 22:20 | 5 | 2:47 | 14.2 |
| 13 (96) | 2:52 | 1 | - | - | 25:12 | 5 | 2:37 | 11.6 |
| 14 (98) | 1:30 | 5 | 0:04 | 4.7 | 26:42 | 5 | 2:38 | 10.9 |
| 15 (118) | 1:03 | 6 | 0:05 | 8.6 | 27:45 | 5 | 2:41 | 10.7 |
| 16 (101) | 2:14 | 1 | - | - | 29:59 | 5 | 2:38 | 9.6 |
| 17 (78) | 0:53 | 5 | 0:02 | 3.9 | 30:52 | 5 | 2:39 | 9.4 |
| 18 (53) | 0:39 | 3 | 0:01 | 2.6 | 31:31 | 5 | 2:39 | 9.2 |
| 19 (126) | 1:11 | 2 | 0:01 | 1.4 | 32:42 | 5 | 2:39 | 8.8 |
| 20 (103) | 2:00 | 27 | 1:10 | 140.0 | 34:42 | 5 | 3:46 | 12.2 |
| 21 (122) | 0:41 | 1 | - | - | 35:23 | 5 | 3:42 | 11.7 |
| 22 (100) | 0:48 | 1 | - | - | 36:11 | 5 | 3:41 | 11.3 |
| □□ | 0:26 | 13 | 0:07 | 36.8 | 36:37 | 5 | 3:43 | 11.3 |