



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Gvildys, Jonas Gediminas

□□: Medeina OK

□□□: 40:20

□□□□: 8:04 min/km

□□: 4.99 km / 22 □□

□□□□:
Men 50-

□□□□□: 7(of 29)

□□□□□□: 32:54

□□: 7:26

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:01	11	1:06	57.4	3:01	11	1:06	57.4
2 (106)	0:51	5	0:14	37.8	3:52	7	1:13	45.9
3 (108)	3:25	17	1:37	89.8	7:17	12	2:06	40.5
4 (124)	3:34	26	2:08	148.8	10:51	18	4:14	64.0
5 (110)	1:26	12	0:20	30.3	12:17	14	4:34	59.2
6 (129)	1:31	5	0:07	8.3	13:48	13	4:14	44.3
7 (89)	1:30	8	0:10	12.5	15:18	10	4:21	39.7
8 (125)	2:32	3	0:17	12.6	17:50	8	4:23	32.6
9 (113)	2:10	6	0:08	6.6	20:00	7	4:26	28.5
10 (91)	0:41	1	-	-	20:41	7	4:24	27.0
11 (112)	2:17	12	0:33	31.7	22:58	7	4:55	27.2
12 (88)	2:40	25	1:18	95.1	25:38	8	6:05	31.1
13 (96)	3:05	5	0:13	7.6	28:43	8	6:08	27.2
14 (98)	1:32	6	0:06	7.0	30:15	7	6:11	25.7
15 (118)	1:15	12	0:17	29.3	31:30	8	6:26	25.7
16 (101)	2:26	10	0:12	9.0	33:56	8	6:35	24.1
17 (78)	1:03	12	0:12	23.5	34:59	8	6:46	24.0
18 (53)	0:41	6	0:03	7.9	35:40	7	6:48	23.6
19 (126)	1:23	11	0:13	18.6	37:03	7	7:00	23.3
20 (103)	1:09	18	0:19	38.0	38:12	7	7:16	23.5
21 (122)	0:46	6	0:05	12.2	38:58	7	7:17	23.0
22 (100)	0:56	10	0:08	16.7	39:54	7	7:24	22.8
□□	0:26	13	0:07	36.8	40:20	7	7:26	22.6