



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lācis, Sandris

□□: Mona OK

□□□: 47:47

□□□□: 9:34 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 15(of 29)

□□□□□□: 32:54

□□: 14:53

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:56	9	1:01	53.0	2:56	9	1:01	53.0
2 (106)	1:03	12	0:26	70.3	3:59	11	1:20	50.3
3 (108)	3:30	18	1:42	94.4	7:29	13	2:18	44.4
4 (124)	1:51	9	0:25	29.1	9:20	9	2:43	41.1
5 (110)	1:16	7	0:10	15.2	10:36	7	2:53	37.4
6 (129)	2:02	13	0:38	45.2	12:38	7	3:04	32.1
7 (89)	1:54	15	0:34	42.5	14:32	7	3:35	32.7
8 (125)	3:12	16	0:57	42.2	17:44	7	4:17	31.9
9 (113)	5:11	29	3:09	154.9	22:55	15	7:21	47.2
10 (91)	0:55	13	0:14	34.2	23:50	15	7:33	46.4
11 (112)	2:49	19	1:05	62.5	26:39	14	8:36	47.7
12 (88)	2:05	20	0:43	52.4	28:44	14	9:11	47.0
13 (96)	5:51	27	2:59	104.1	34:35	17	12:00	53.1
14 (98)	1:59	16	0:33	38.4	36:34	17	12:30	51.9
15 (118)	1:18	14	0:20	34.5	37:52	16	12:48	51.1
16 (101)	2:51	18	0:37	27.6	40:43	16	13:22	48.9
17 (78)	1:20	25	0:29	56.9	42:03	16	13:50	49.0
18 (53)	0:46	14	0:08	21.1	42:49	16	13:57	48.3
19 (126)	1:27	14	0:17	24.3	44:16	16	14:13	47.3
20 (103)	1:06	16	0:16	32.0	45:22	16	14:26	46.7
21 (122)	0:58	21	0:17	41.5	46:20	16	14:39	46.2
22 (100)	1:02	15	0:14	29.2	47:22	15	14:52	45.7
□□	0:25	10	0:06	31.6	47:47	15	14:53	45.2