



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Laev, Urmas

□□: Auseklis IK

□□□: 47:52

□□□□: 9:35 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 16(of 29)

□□□□□□: 32:54

□□: 14:58

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	4:30	22	2:35	134.8	4:30	22	2:35	134.8
2 (106)	1:03	12	0:26	70.3	5:33	21	2:54	109.4
3 (108)	3:13	15	1:25	78.7	8:46	19	3:35	69.1
4 (124)	1:48	8	0:22	25.6	10:34	15	3:57	59.7
5 (110)	1:56	22	0:50	75.8	12:30	17	4:47	62.0
6 (129)	2:18	17	0:54	64.3	14:48	16	5:14	54.7
7 (89)	1:51	14	0:31	38.8	16:39	16	5:42	52.1
8 (125)	4:13	24	1:58	87.4	20:52	19	7:25	55.1
9 (113)	2:32	14	0:30	24.6	23:24	18	7:50	50.3
10 (91)	0:50	6	0:09	22.0	24:14	16	7:57	48.8
11 (112)	3:03	20	1:19	76.0	27:17	16	9:14	51.2
12 (88)	1:55	15	0:33	40.2	29:12	16	9:39	49.4
13 (96)	4:39	22	1:47	62.2	33:51	15	11:16	49.9
14 (98)	2:24	24	0:58	67.4	36:15	15	12:11	50.6
15 (118)	1:18	14	0:20	34.5	37:33	15	12:29	49.8
16 (101)	3:08	23	0:54	40.3	40:41	15	13:20	48.8
17 (78)	1:06	17	0:15	29.4	41:47	15	13:34	48.1
18 (53)	0:49	15	0:11	29.0	42:36	15	13:44	47.6
19 (126)	1:35	17	0:25	35.7	44:11	15	14:08	47.0
20 (103)	1:04	12	0:14	28.0	45:15	15	14:19	46.3
21 (122)	0:58	21	0:17	41.5	46:13	15	14:32	45.9
22 (100)	1:10	26	0:22	45.8	47:23	16	14:53	45.8
□□	0:29	22	0:10	52.6	47:52	16	14:58	45.5