



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Gaumigs, Andrejs

□□: Mona OK

□□□: 49:06

□□□□: 9:50 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 18(of 29)

□□□□□□: 32:54

□□: 16:12

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:43	6	0:48	41.7	2:43	6	0:48	41.7
2 (106)	1:15	23	0:38	102.7	3:58	10	1:19	49.7
3 (108)	2:57	13	1:09	63.9	6:55	10	1:44	33.4
4 (124)	1:52	10	0:26	30.2	8:47	7	2:10	32.8
5 (110)	2:47	26	1:41	153.0	11:34	10	3:51	49.9
6 (129)	1:57	12	0:33	39.3	13:31	8	3:57	41.3
7 (89)	1:41	10	0:21	26.3	15:12	9	4:15	38.8
8 (125)	2:50	10	0:35	25.9	18:02	10	4:35	34.1
9 (113)	3:05	21	1:03	51.6	21:07	9	5:33	35.7
10 (91)	0:56	14	0:15	36.6	22:03	9	5:46	35.4
11 (112)	6:56	29	5:12	300.0	28:59	18	10:56	60.6
12 (88)	4:03	29	2:41	196.3	33:02	23	13:29	69.0
13 (96)	3:22	9	0:30	17.4	36:24	21	13:49	61.2
14 (98)	1:57	14	0:31	36.1	38:21	21	14:17	59.4
15 (118)	1:14	11	0:16	27.6	39:35	21	14:31	57.9
16 (101)	2:25	9	0:11	8.2	42:00	18	14:39	53.6
17 (78)	0:59	9	0:08	15.7	42:59	18	14:46	52.3
18 (53)	0:42	7	0:04	10.5	43:41	18	14:49	51.3
19 (126)	2:16	26	1:06	94.3	45:57	20	15:54	52.9
20 (103)	0:55	5	0:05	10.0	46:52	20	15:56	51.5
21 (122)	0:50	11	0:09	22.0	47:42	19	16:01	50.6
22 (100)	1:03	16	0:15	31.3	48:45	19	16:15	50.0
□□	0:21	2	0:02	10.5	49:06	18	16:12	49.2