



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Zariņš, Atis

□□: Mona OK

□□□: 49:15

□□□□: 9:52 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 19(of 29)

□□□□□□: 32:54

□□: 16:21

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:39	17	1:44	90.4	3:39	17	1:44	90.4
2 (106)	0:58	10	0:21	56.8	4:37	17	1:58	74.2
3 (108)	2:12	4	0:24	22.2	6:49	9	1:38	31.5
4 (124)	1:39	7	0:13	15.1	8:28	6	1:51	28.0
5 (110)	1:16	7	0:10	15.2	9:44	6	2:01	26.1
6 (129)	3:50	27	2:26	173.8	13:34	9	4:00	41.8
7 (89)	3:05	26	1:45	131.3	16:39	16	5:42	52.1
8 (125)	3:52	22	1:37	71.9	20:31	17	7:04	52.5
9 (113)	4:52	28	2:50	139.3	25:23	20	9:49	63.1
10 (91)	2:28	28	1:47	261.0	27:51	21	11:34	71.0
11 (112)	2:07	10	0:23	22.1	29:58	20	11:55	66.0
12 (88)	1:35	5	0:13	15.9	31:33	19	12:00	61.4
13 (96)	4:15	20	1:23	48.3	35:48	19	13:13	58.5
14 (98)	2:08	20	0:42	48.8	37:56	19	13:52	57.6
15 (118)	1:15	12	0:17	29.3	39:11	18	14:07	56.3
16 (101)	2:58	20	0:44	32.8	42:09	19	14:48	54.1
17 (78)	1:14	23	0:23	45.1	43:23	21	15:10	53.8
18 (53)	0:50	18	0:12	31.6	44:13	21	15:21	53.2
19 (126)	1:27	14	0:17	24.3	45:40	19	15:37	52.0
20 (103)	1:05	15	0:15	30.0	46:45	18	15:49	51.1
21 (122)	0:53	15	0:12	29.3	47:38	18	15:57	50.3
22 (100)	1:05	23	0:17	35.4	48:43	18	16:13	49.9
□□	0:32	27	0:13	68.4	49:15	19	16:21	49.7