



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Saranen, Aki

□□: Helsingin Suunnistajat

□□□: 49:57

□□□□: 10:00 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 20(of 29)

□□□□□□□: 32:54

□□: 17:03

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:57	10	1:02	53.9	2:57	10	1:02	53.9
2 (106)	1:08	17	0:31	83.8	4:05	12	1:26	54.1
3 (108)	4:25	26	2:37	145.4	8:30	17	3:19	64.0
4 (124)	1:59	14	0:33	38.4	10:29	13	3:52	58.4
5 (110)	1:47	18	0:41	62.1	12:16	13	4:33	59.0
6 (129)	2:37	21	1:13	86.9	14:53	17	5:19	55.6
7 (89)	1:56	17	0:36	45.0	16:49	18	5:52	53.6
8 (125)	3:06	14	0:51	37.8	19:55	16	6:28	48.1
9 (113)	3:22	26	1:20	65.6	23:17	17	7:43	49.6
10 (91)	0:58	15	0:17	41.5	24:15	17	7:58	48.9
11 (112)	2:40	15	0:56	53.9	26:55	15	8:52	49.1
12 (88)	1:48	12	0:26	31.7	28:43	13	9:10	46.9
13 (96)	5:44	26	2:52	100.0	34:27	16	11:52	52.6
14 (98)	2:01	18	0:35	40.7	36:28	16	12:24	51.5
15 (118)	1:31	20	0:33	56.9	37:59	17	12:55	51.5
16 (101)	3:01	21	0:47	35.1	41:00	17	13:39	49.9
17 (78)	1:12	22	0:21	41.2	42:12	17	13:59	49.6
18 (53)	0:55	23	0:17	44.7	43:07	17	14:15	49.4
19 (126)	2:20	27	1:10	100.0	45:27	18	15:24	51.3
20 (103)	1:21	21	0:31	62.0	46:48	19	15:52	51.3
21 (122)	1:22	28	0:41	100.0	48:10	20	16:29	52.0
22 (100)	1:16	28	0:28	58.3	49:26	20	16:56	52.1
□□	0:31	25	0:12	63.2	49:57	20	17:03	51.8