



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Skujenieks, Andis

□□: Ozons

□□□: 52:58

□□□□: 10:36 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 23(of 29)

□□□□□□: 32:54

□□: 20:04

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	4:00	20	2:05	108.7	4:00	20	2:05	108.7
2 (106)	1:09	19	0:32	86.5	5:09	19	2:30	94.3
3 (108)	5:23	27	3:35	199.1	10:32	25	5:21	103.2
4 (124)	2:27	20	1:01	70.9	12:59	24	6:22	96.2
5 (110)	1:48	20	0:42	63.6	14:47	23	7:04	91.6
6 (129)	3:07	25	1:43	122.6	17:54	25	8:20	87.1
7 (89)	2:03	18	0:43	53.8	19:57	24	9:00	82.2
8 (125)	3:43	21	1:28	65.2	23:40	23	10:13	76.0
9 (113)	3:05	21	1:03	51.6	26:45	23	11:11	71.8
10 (91)	1:09	23	0:28	68.3	27:54	22	11:37	71.3
11 (112)	3:06	22	1:22	78.9	31:00	23	12:57	71.8
12 (88)	1:58	18	0:36	43.9	32:58	22	13:25	68.6
13 (96)	4:14	19	1:22	47.7	37:12	23	14:37	64.7
14 (98)	2:26	25	1:00	69.8	39:38	24	15:34	64.7
15 (118)	1:36	25	0:38	65.5	41:14	24	16:10	64.5
16 (101)	3:03	22	0:49	36.6	44:17	24	16:56	61.9
17 (78)	1:09	19	0:18	35.3	45:26	24	17:13	61.0
18 (53)	0:53	22	0:15	39.5	46:19	24	17:27	60.5
19 (126)	1:44	21	0:34	48.6	48:03	23	18:00	59.9
20 (103)	2:28	29	1:38	196.0	50:31	23	19:35	63.3
21 (122)	0:57	20	0:16	39.0	51:28	23	19:47	62.4
22 (100)	1:03	16	0:15	31.3	52:31	23	20:01	61.6
□□	0:27	18	0:08	42.1	52:58	23	20:04	61.0