



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Jamcuks, Igors

□□: Arena

□□□: 53:14

□□□□: 10:40 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 24(of 29)

□□□□□□: 32:54

□□: 20:20

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:51	8	0:56	48.7	2:51	8	0:56	48.7
2 (106)	1:03	12	0:26	70.3	3:54	8	1:15	47.2
3 (108)	2:37	7	0:49	45.4	6:31	8	1:20	25.7
4 (124)	2:36	22	1:10	81.4	9:07	8	2:30	37.8
5 (110)	3:41	29	2:35	234.9	12:48	18	5:05	65.9
6 (129)	2:41	22	1:17	91.7	15:29	20	5:55	61.9
7 (89)	2:07	19	0:47	58.8	17:36	20	6:39	60.7
8 (125)	2:59	12	0:44	32.6	20:35	18	7:08	53.0
9 (113)	2:41	18	0:39	32.0	23:16	16	7:42	49.5
10 (91)	1:11	24	0:30	73.2	24:27	18	8:10	50.2
11 (112)	5:03	27	3:19	191.4	29:30	19	11:27	63.4
12 (88)	1:37	7	0:15	18.3	31:07	18	11:34	59.2
13 (96)	3:40	13	0:48	27.9	34:47	18	12:12	54.0
14 (98)	3:02	28	1:36	111.6	37:49	18	13:45	57.1
15 (118)	1:36	25	0:38	65.5	39:25	19	14:21	57.3
16 (101)	2:44	15	0:30	22.4	42:09	19	14:48	54.1
17 (78)	1:09	19	0:18	35.3	43:18	20	15:05	53.5
18 (53)	0:44	9	0:06	15.8	44:02	20	15:10	52.5
19 (126)	5:46	29	4:36	394.3	49:48	24	19:45	65.7
20 (103)	1:01	9	0:11	22.0	50:49	24	19:53	64.3
21 (122)	0:54	17	0:13	31.7	51:43	24	20:02	63.2
22 (100)	1:03	16	0:15	31.3	52:46	24	20:16	62.4
□□	0:28	19	0:09	47.4	53:14	24	20:20	61.8