



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Mikkola, Sakari

□□: Helsingin Suunnistajat

□□□: 54:50

□□□□: 10:59 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 25(of 29)

□□□□□□□: 32:54

□□: 21:56

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:23	15	1:28	76.5	3:23	15	1:28	76.5
2 (106)	1:06	16	0:29	78.4	4:29	13	1:50	69.2
3 (108)	4:13	24	2:25	134.3	8:42	18	3:31	67.9
4 (124)	2:27	20	1:01	70.9	11:09	19	4:32	68.5
5 (110)	2:33	24	1:27	131.8	13:42	21	5:59	77.5
6 (129)	2:25	20	1:01	72.6	16:07	21	6:33	68.5
7 (89)	2:50	24	1:30	112.5	18:57	21	8:00	73.1
8 (125)	5:07	26	2:52	127.4	24:04	24	10:37	78.9
9 (113)	3:06	23	1:04	52.5	27:10	24	11:36	74.5
10 (91)	1:04	20	0:23	56.1	28:14	24	11:57	73.4
11 (112)	3:18	23	1:34	90.4	31:32	25	13:29	74.7
12 (88)	2:08	21	0:46	56.1	33:40	24	14:07	72.2
13 (96)	4:39	22	1:47	62.2	38:19	25	15:44	69.7
14 (98)	2:50	27	1:24	97.7	41:09	25	17:05	71.0
15 (118)	2:05	28	1:07	115.5	43:14	26	18:10	72.5
16 (101)	3:42	28	1:28	65.7	46:56	26	19:35	71.6
17 (78)	1:31	27	0:40	78.4	48:27	26	20:14	71.7
18 (53)	0:51	19	0:13	34.2	49:18	26	20:26	70.8
19 (126)	1:39	19	0:29	41.4	50:57	25	20:54	69.6
20 (103)	1:11	19	0:21	42.0	52:08	25	21:12	68.5
21 (122)	1:13	26	0:32	78.1	53:21	25	21:40	68.4
22 (100)	1:04	20	0:16	33.3	54:25	25	21:55	67.4
□□	0:25	10	0:06	31.6	54:50	25	21:56	66.7