



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Kozlovs, Igors

□□: Ind.

□□□: 1:32:00

□□□□: 18:26 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 29(of 29)

□□□□□□: 32:54

□□: 59:06

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	23:29	29	21:34	1,125.2	23:29	29	21:34	1,125.2
2 (106)	4:10	29	3:33	575.7	27:39	29	25:00	943.4
3 (108)	3:48	22	2:00	111.1	31:27	29	26:16	506.8
4 (124)	4:33	28	3:07	217.4	36:00	29	29:23	444.1
5 (110)	1:47	18	0:41	62.1	37:47	28	30:04	389.6
6 (129)	2:16	16	0:52	61.9	40:03	28	30:29	318.6
7 (89)	2:15	22	0:55	68.8	42:18	28	31:21	286.3
8 (125)	15:26	29	13:11	585.9	57:44	29	44:17	329.2
9 (113)	2:48	19	0:46	37.7	1:00:32	29	44:58	288.9
10 (91)	1:01	17	0:20	48.8	1:01:33	29	45:16	278.0
11 (112)	3:25	24	1:41	97.1	1:04:58	29	46:55	259.9
12 (88)	2:19	24	0:57	69.5	1:07:17	29	47:44	244.2
13 (96)	4:55	25	2:03	71.5	1:12:12	29	49:37	219.7
14 (98)	2:38	26	1:12	83.7	1:14:50	29	50:46	210.9
15 (118)	1:35	23	0:37	63.8	1:16:25	28	51:21	204.9
16 (101)	3:21	25	1:07	50.0	1:19:46	28	52:25	191.7
17 (78)	1:29	26	0:38	74.5	1:21:15	28	53:02	188.0
18 (53)	1:00	27	0:22	57.9	1:22:15	28	53:23	184.9
19 (126)	4:23	28	3:13	275.7	1:26:38	29	56:35	188.3
20 (103)	1:17	20	0:27	54.0	1:27:55	29	56:59	184.2
21 (122)	2:26	29	1:45	256.1	1:30:21	29	58:40	185.2
22 (100)	1:09	25	0:21	43.8	1:31:30	29	59:00	181.5
□□	0:30	24	0:11	57.9	1:32:00	29	59:06	179.6