



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Dude, Guntis

□□: Sprīdītis TSK

□□□: 36:29

□□□□: 7:18 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 2(of 23)

□□□□□□: 36:23

□□: 0:06

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| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (127)  | 4:15     | 17      | 2:11    | 105.7   | 4:15      | 17      | 2:11    | 105.7   |
| 2 (106)  | 0:49     | 2       | 0:01    | 2.1     | 5:04      | 16      | 2:02    | 67.0    |
| 3 (108)  | 2:12     | 1       | -       | -       | 7:16      | 7       | 1:21    | 22.8    |
| 4 (124)  | 1:39     | 3       | 0:09    | 10.0    | 8:55      | 4       | 1:13    | 15.8    |
| 5 (110)  | 1:22     | 6       | 0:20    | 32.3    | 10:17     | 4       | 1:29    | 16.9    |
| 6 (129)  | 1:55     | 13      | 0:32    | 38.6    | 12:12     | 5       | 1:34    | 14.7    |
| 7 (89)   | 1:45     | 11      | 0:28    | 36.4    | 13:57     | 4       | 1:33    | 12.5    |
| 8 (125)  | 2:24     | 2       | 0:03    | 2.1     | 16:21     | 4       | 1:19    | 8.8     |
| 9 (113)  | 1:59     | 2       | 0:04    | 3.5     | 18:20     | 4       | 0:58    | 5.6     |
| 10 (91)  | 0:44     | 2       | 0:01    | 2.3     | 19:04     | 4       | 0:58    | 5.3     |
| 11 (112) | 2:09     | 5       | 0:34    | 35.8    | 21:13     | 3       | 0:35    | 2.8     |
| 12 (88)  | 1:28     | 4       | 0:09    | 11.4    | 22:41     | 3       | 0:34    | 2.6     |
| 13 (96)  | 2:54     | 1       | -       | -       | 25:35     | 3       | 0:26    | 1.7     |
| 14 (98)  | 1:34     | 5       | 0:07    | 8.1     | 27:09     | 2       | 0:28    | 1.8     |
| 15 (118) | 1:05     | 3       | 0:03    | 4.8     | 28:14     | 2       | 0:26    | 1.6     |
| 16 (101) | 2:19     | 3       | 0:10    | 7.8     | 30:33     | 2       | 0:21    | 1.2     |
| 17 (78)  | 0:55     | 3       | 0:05    | 10.0    | 31:28     | 2       | 0:21    | 1.1     |
| 18 (53)  | 0:46     | 12      | 0:10    | 27.8    | 32:14     | 2       | 0:24    | 1.3     |
| 19 (126) | 1:14     | 3       | 0:04    | 5.7     | 33:28     | 2       | 0:23    | 1.2     |
| 20 (103) | 0:52     | 2       | 0:02    | 4.0     | 34:20     | 2       | 0:13    | 0.6     |
| 21 (122) | 0:53     | 13      | 0:11    | 26.2    | 35:13     | 2       | 0:14    | 0.7     |
| 22 (100) | 0:54     | 5       | 0:11    | 25.6    | 36:07     | 2       | 0:09    | 0.4     |
| □□       | 0:22     | 2       | 0:01    | 4.8     | 36:29     | 2       | 0:06    | 0.3     |