



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Pekuss, Uldis

□□: Mona OK

□□□: 39:33

□□□□: 7:55 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 5(of 23)

□□□□□□: 36:23

□□: 3:10

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:35	2	0:31	25.0	2:35	2	0:31	25.0
2 (106)	1:13	17	0:25	52.1	3:48	5	0:46	25.3
3 (108)	3:07	7	0:55	41.7	6:55	4	1:00	16.9
4 (124)	2:08	12	0:38	42.2	9:03	5	1:21	17.5
5 (110)	1:19	4	0:17	27.4	10:22	5	1:34	17.8
6 (129)	1:40	3	0:17	20.5	12:02	4	1:24	13.2
7 (89)	2:11	18	0:54	70.1	14:13	5	1:49	14.7
8 (125)	2:37	6	0:16	11.4	16:50	5	1:48	12.0
9 (113)	4:03	23	2:08	111.3	20:53	9	3:31	20.3
10 (91)	0:44	2	0:01	2.3	21:37	8	3:31	19.4
11 (112)	2:21	14	0:46	48.4	23:58	8	3:20	16.2
12 (88)	1:20	2	0:01	1.3	25:18	7	3:11	14.4
13 (96)	3:31	7	0:37	21.3	28:49	7	3:40	14.6
14 (98)	1:35	6	0:08	9.2	30:24	6	3:43	13.9
15 (118)	1:15	9	0:13	21.0	31:39	6	3:51	13.9
16 (101)	2:19	3	0:10	7.8	33:58	6	3:46	12.5
17 (78)	0:54	2	0:04	8.0	34:52	6	3:45	12.1
18 (53)	0:43	7	0:07	19.4	35:35	6	3:45	11.8
19 (126)	1:22	12	0:12	17.1	36:57	6	3:52	11.7
20 (103)	0:50	1	-	-	37:47	5	3:40	10.8
21 (122)	0:42	1	-	-	38:29	5	3:30	10.0
22 (100)	0:43	1	-	-	39:12	5	3:14	9.0
□□	0:21	1	-	-	39:33	5	3:10	8.7