



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lagzdiņš, Ainārs

□□: Mona OK

□□□: 43:09

□□□□: 8:38 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 8(of 23)

□□□□□□: 36:23

□□: 6:46

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:53	9	0:49	39.5	2:53	9	0:49	39.5
2 (106)	1:10	13	0:22	45.8	4:03	9	1:01	33.5
3 (108)	4:19	17	2:07	96.2	8:22	13	2:27	41.4
4 (124)	2:03	10	0:33	36.7	10:25	11	2:43	35.3
5 (110)	1:30	12	0:28	45.2	11:55	10	3:07	35.4
6 (129)	1:47	7	0:24	28.9	13:42	9	3:04	28.8
7 (89)	1:41	9	0:24	31.2	15:23	9	2:59	24.1
8 (125)	2:40	8	0:19	13.5	18:03	8	3:01	20.1
9 (113)	2:36	11	0:41	35.7	20:39	7	3:17	18.9
10 (91)	1:44	22	1:01	141.9	22:23	10	4:17	23.7
11 (112)	2:47	20	1:12	75.8	25:10	11	4:32	22.0
12 (88)	1:28	4	0:09	11.4	26:38	10	4:31	20.4
13 (96)	3:34	8	0:40	23.0	30:12	9	5:03	20.1
14 (98)	1:58	14	0:31	35.6	32:10	8	5:29	20.6
15 (118)	1:22	12	0:20	32.3	33:32	9	5:44	20.6
16 (101)	2:49	17	0:40	31.0	36:21	9	6:09	20.4
17 (78)	1:08	18	0:18	36.0	37:29	9	6:22	20.5
18 (53)	0:49	18	0:13	36.1	38:18	9	6:28	20.3
19 (126)	1:25	15	0:15	21.4	39:43	9	6:38	20.1
20 (103)	1:04	8	0:14	28.0	40:47	8	6:40	19.5
21 (122)	0:56	15	0:14	33.3	41:43	8	6:44	19.3
22 (100)	1:01	17	0:18	41.9	42:44	8	6:46	18.8
□□	0:25	7	0:04	19.1	43:09	8	6:46	18.6