



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

0000

Laveiķis, Rolands

00: Kāpa OK/ Carnikavas novads

000: 43:30

0000: 8:43 min/km

00: 4.99 km / 22 00

0000:

Men 55-

00000: 9(of 23)

000000: 36:23

00: 7:07

0000

00	00 00	00 -	00 -	00 %	000 00	00 -	00 -	00 %
1 (127)	3:43	16	1:39	79.8	3:43	16	1:39	79.8
2 (106)	1:12	15	0:24	50.0	4:55	15	1:53	62.1
3 (108)	4:43	18	2:31	114.4	9:38	15	3:43	62.8
4 (124)	1:55	8	0:25	27.8	11:33	14	3:51	50.0
5 (110)	1:34	14	0:32	51.6	13:07	15	4:19	49.1
6 (129)	1:40	3	0:17	20.5	14:47	13	4:09	39.0
7 (89)	1:41	9	0:24	31.2	16:28	13	4:04	32.8
8 (125)	2:45	9	0:24	17.0	19:13	11	4:11	27.8
9 (113)	3:13	19	1:18	67.8	22:26	12	5:04	29.2
10 (91)	0:51	11	0:08	18.6	23:17	12	5:11	28.6
11 (112)	2:08	3	0:33	34.7	25:25	12	4:47	23.2
12 (88)	1:36	9	0:17	21.5	27:01	11	4:54	22.2
13 (96)	3:43	10	0:49	28.2	30:44	11	5:35	22.2
14 (98)	1:49	10	0:22	25.3	32:33	10	5:52	22.0
15 (118)	1:12	8	0:10	16.1	33:45	10	5:57	21.4
16 (101)	2:45	14	0:36	27.9	36:30	10	6:18	20.9
17 (78)	1:02	10	0:12	24.0	37:32	10	6:25	20.6
18 (53)	0:46	12	0:10	27.8	38:18	9	6:28	20.3
19 (126)	2:01	22	0:51	72.9	40:19	10	7:14	21.9
20 (103)	1:00	5	0:10	20.0	41:19	9	7:12	21.1
21 (122)	0:50	5	0:08	19.1	42:09	9	7:10	20.5
22 (100)	0:54	5	0:11	25.6	43:03	9	7:05	19.7
00	0:27	17	0:06	28.6	43:30	9	7:07	19.6