



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Nāgelis, Jānis

□□: Mona OK

□□□: 44:04

□□□□: 8:49 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 10(of 23)

□□□□□□□: 36:23

□□: 7:41

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:38	4	0:34	27.4	2:38	4	0:34	27.4
2 (106)	0:50	3	0:02	4.2	3:28	2	0:26	14.3
3 (108)	5:16	19	3:04	139.4	8:44	14	2:49	47.6
4 (124)	2:52	19	1:22	91.1	11:36	15	3:54	50.7
5 (110)	1:23	7	0:21	33.9	12:59	14	4:11	47.5
6 (129)	2:13	18	0:50	60.2	15:12	15	4:34	43.0
7 (89)	1:40	8	0:23	29.9	16:52	14	4:28	36.0
8 (125)	2:29	4	0:08	5.7	19:21	12	4:19	28.7
9 (113)	2:29	9	0:34	29.6	21:50	11	4:28	25.7
10 (91)	0:43	1	-	-	22:33	11	4:27	24.6
11 (112)	2:20	12	0:45	47.4	24:53	10	4:15	20.6
12 (88)	1:33	6	0:14	17.7	26:26	9	4:19	19.5
13 (96)	4:01	15	1:07	38.5	30:27	10	5:18	21.1
14 (98)	1:53	12	0:26	29.9	32:20	9	5:39	21.2
15 (118)	1:02	1	-	-	33:22	8	5:34	20.0
16 (101)	2:28	7	0:19	14.7	35:50	8	5:38	18.7
17 (78)	1:02	10	0:12	24.0	36:52	7	5:45	18.5
18 (53)	0:39	2	0:03	8.3	37:31	7	5:41	17.9
19 (126)	1:30	17	0:20	28.6	39:01	7	5:56	17.9
20 (103)	2:52	19	2:02	244.0	41:53	10	7:46	22.8
21 (122)	0:51	8	0:09	21.4	42:44	10	7:45	22.2
22 (100)	0:55	8	0:12	27.9	43:39	10	7:41	21.4
□□	0:25	7	0:04	19.1	44:04	10	7:41	21.1