



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Cebulis, Juris

□□: Mona OK

□□□: 47:48

□□□□: 9:34 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 12(of 23)

□□□□□□: 36:23

□□: 11:25

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:05	12	1:01	49.2	3:05	12	1:01	49.2
2 (106)	1:20	19	0:32	66.7	4:25	14	1:23	45.6
3 (108)	2:59	6	0:47	35.6	7:24	9	1:29	25.1
4 (124)	2:13	13	0:43	47.8	9:37	7	1:55	24.9
5 (110)	1:35	15	0:33	53.2	11:12	7	2:24	27.3
6 (129)	2:12	17	0:49	59.0	13:24	8	2:46	26.0
7 (89)	2:21	19	1:04	83.1	15:45	10	3:21	27.0
8 (125)	3:46	18	1:25	60.3	19:31	14	4:29	29.8
9 (113)	3:09	18	1:14	64.4	22:40	15	5:18	30.5
10 (91)	1:02	18	0:19	44.2	23:42	15	5:36	30.9
11 (112)	2:56	22	1:21	85.3	26:38	15	6:00	29.1
12 (88)	2:04	18	0:45	57.0	28:42	15	6:35	29.8
13 (96)	4:23	17	1:29	51.2	33:05	13	7:56	31.5
14 (98)	2:09	18	0:42	48.3	35:14	12	8:33	32.0
15 (118)	1:38	16	0:36	58.1	36:52	12	9:04	32.6
16 (101)	3:09	21	1:00	46.5	40:01	13	9:49	32.5
17 (78)	1:14	20	0:24	48.0	41:15	13	10:08	32.6
18 (53)	1:02	22	0:26	72.2	42:17	13	10:27	32.8
19 (126)	1:38	19	0:28	40.0	43:55	14	10:50	32.8
20 (103)	1:08	12	0:18	36.0	45:03	12	10:56	32.1
21 (122)	1:03	20	0:21	50.0	46:06	12	11:07	31.8
22 (100)	1:10	20	0:27	62.8	47:16	12	11:18	31.4
□□	0:32	20	0:11	52.4	47:48	12	11:25	31.4