



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Veļķeris, Vilnis

□□: Alūksne OK

□□□: 48:39

□□□□: 9:44 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 14(of 23)

□□□□□□□: 36:23

□□: 12:16

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	5:31	19	3:27	166.9	5:31	19	3:27	166.9
2 (106)	0:52	4	0:04	8.3	6:23	18	3:21	110.4
3 (108)	3:45	15	1:33	70.5	10:08	16	4:13	71.3
4 (124)	1:52	7	0:22	24.4	12:00	16	4:18	55.8
5 (110)	1:38	18	0:36	58.1	13:38	16	4:50	54.9
6 (129)	1:49	9	0:26	31.3	15:27	16	4:49	45.3
7 (89)	1:33	5	0:16	20.8	17:00	15	4:36	37.1
8 (125)	2:50	13	0:29	20.6	19:50	15	4:48	31.9
9 (113)	2:36	11	0:41	35.7	22:26	12	5:04	29.2
10 (91)	0:57	15	0:14	32.6	23:23	13	5:17	29.2
11 (112)	2:19	11	0:44	46.3	25:42	13	5:04	24.6
12 (88)	1:39	11	0:20	25.3	27:21	12	5:14	23.7
13 (96)	8:43	21	5:49	200.6	36:04	16	10:55	43.4
14 (98)	1:46	8	0:19	21.8	37:50	15	11:09	41.8
15 (118)	1:43	18	0:41	66.1	39:33	15	11:45	42.3
16 (101)	2:39	12	0:30	23.3	42:12	15	12:00	39.7
17 (78)	1:00	7	0:10	20.0	43:12	15	12:05	38.8
18 (53)	0:46	12	0:10	27.8	43:58	15	12:08	38.1
19 (126)	1:15	5	0:05	7.1	45:13	15	12:08	36.7
20 (103)	1:04	8	0:14	28.0	46:17	15	12:10	35.7
21 (122)	0:54	14	0:12	28.6	47:11	14	12:12	34.9
22 (100)	1:06	19	0:23	53.5	48:17	14	12:19	34.2
□□	0:22	2	0:01	4.8	48:39	14	12:16	33.7