



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Pucens, Ivars

□□: Mona OK

□□□: 53:40

□□□□: 10:45 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 17(of 23)

□□□□□□: 36:23

□□: 17:17

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	7:30	22	5:26	262.9	7:30	22	5:26	262.9
2 (106)	0:48	1	-	-	8:18	20	5:16	173.6
3 (108)	3:39	14	1:27	65.9	11:57	19	6:02	102.0
4 (124)	1:31	2	0:01	1.1	13:28	17	5:46	74.9
5 (110)	1:13	3	0:11	17.7	14:41	17	5:53	66.9
6 (129)	1:48	8	0:25	30.1	16:29	17	5:51	55.0
7 (89)	2:47	21	1:30	116.9	19:16	17	6:52	55.4
8 (125)	2:49	11	0:28	19.9	22:05	16	7:03	46.9
9 (113)	2:26	8	0:31	27.0	24:31	16	7:09	41.2
10 (91)	0:48	7	0:05	11.6	25:19	16	7:13	39.9
11 (112)	2:30	16	0:55	57.9	27:49	17	7:11	34.8
12 (88)	1:38	10	0:19	24.1	29:27	16	7:20	33.2
13 (96)	10:14	22	7:20	252.9	39:41	18	14:32	57.8
14 (98)	1:58	14	0:31	35.6	41:39	17	14:58	56.1
15 (118)	1:29	14	0:27	43.6	43:08	17	15:20	55.2
16 (101)	2:48	16	0:39	30.2	45:56	17	15:44	52.1
17 (78)	1:03	12	0:13	26.0	46:59	17	15:52	51.0
18 (53)	0:47	15	0:11	30.6	47:46	17	15:56	50.1
19 (126)	1:24	14	0:14	20.0	49:10	16	16:05	48.6
20 (103)	2:17	17	1:27	174.0	51:27	17	17:20	50.8
21 (122)	0:51	8	0:09	21.4	52:18	17	17:19	49.5
22 (100)	0:55	8	0:12	27.9	53:13	17	17:15	48.0
□□	0:27	17	0:06	28.6	53:40	17	17:17	47.5