



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Nyberg, Henry

□□: OK Trian

□□□: 34:24

□□□□: 9:22 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 60-

□□□□□: 3(of 14)

□□□□□□□: 31:57

□□: 2:27

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:06	6	0:43	30.1	3:06	6	0:43	30.1
2 (87)	3:27	11	1:07	47.9	6:33	6	1:40	34.1
3 (108)	2:55	12	1:32	110.8	9:28	10	2:58	45.6
4 (124)	1:59	7	0:31	35.2	11:27	8	3:13	39.1
5 (88)	1:01	9	0:13	27.1	12:28	8	3:23	37.3
6 (84)	0:58	2	0:05	9.4	13:26	8	3:28	34.8
7 (129)	1:29	5	0:19	27.1	14:55	7	3:46	33.8
8 (113)	5:50	5	1:53	47.7	20:45	7	5:23	35.0
9 (92)	1:20	3	0:05	6.7	22:05	6	5:15	31.2
10 (117)	2:35	6	0:21	15.7	24:40	5	5:25	28.1
11 (97)	0:45	6	0:14	45.2	25:25	5	5:33	27.9
12 (99)	1:11	3	0:07	10.9	26:36	4	5:40	27.1
13 (101)	2:46	3	0:22	15.3	29:22	4	5:28	22.9
14 (128)	0:47	5	0:08	20.5	30:09	4	4:32	17.7
15 (53)	0:58	8	0:10	20.8	31:07	4	4:35	17.3
16 (120)	1:19	3	0:14	21.5	32:26	2	2:10	7.2
17 (104)	0:48	6	0:11	29.7	33:14	2	2:08	6.9
18 (100)	0:43	8	0:12	38.7	33:57	3	2:20	7.4
□□	0:27	8	0:07	35.0	34:24	3	2:27	7.7