



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

## Strandhagen, Torgeir

□□: Røyken O-lag

□□□: 38:03

□□□□: 10:22 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 60-

□□□□□: 6(of 14)

□□□□□□: 31:57

□□: 6:06

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:42	3	0:19	13.3	2:42	3	0:19	13.3
2 (87)	4:14	13	1:54	81.4	6:56	9	2:03	42.0
3 (108)	1:24	2	0:01	1.2	8:20	6	1:50	28.2
4 (124)	2:01	8	0:33	37.5	10:21	6	2:07	25.7
5 (88)	0:57	3	0:09	18.8	11:18	6	2:13	24.4
6 (84)	1:00	3	0:07	13.2	12:18	6	2:20	23.4
7 (129)	1:30	6	0:20	28.6	13:48	3	2:39	23.8
8 (113)	6:05	7	2:08	54.0	19:53	4	4:31	29.4
9 (92)	5:38	13	4:23	350.7	25:31	10	8:41	51.6
10 (117)	2:14	1	-	-	27:45	9	8:30	44.2
11 (97)	0:40	4	0:09	29.0	28:25	8	8:33	43.0
12 (99)	1:27	8	0:23	35.9	29:52	8	8:56	42.7
13 (101)	2:53	7	0:29	20.1	32:45	7	8:51	37.0
14 (128)	0:41	2	0:02	5.1	33:26	7	7:49	30.5
15 (53)	0:48	1	-	-	34:14	7	7:42	29.0
16 (120)	2:09	11	1:04	98.5	36:23	6	6:07	20.2
17 (104)	0:37	1	-	-	37:00	6	5:54	19.0
18 (100)	0:37	3	0:06	19.4	37:37	6	6:00	19.0
□□	0:26	5	0:06	30.0	38:03	6	6:06	19.1