



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Stupāns, Valdis

□□: Ind.

□□□: 40:01

□□□□: 10:54 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 60-

□□□□□: 9(of 14)

□□□□□□□: 31:57

□□: 8:04

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:47	4	0:24	16.8	2:47	4	0:24	16.8
2 (87)	3:04	10	0:44	31.4	5:51	4	0:58	19.8
3 (108)	1:41	8	0:18	21.7	7:32	4	1:02	15.9
4 (124)	2:09	10	0:41	46.6	9:41	4	1:27	17.6
5 (88)	0:59	6	0:11	22.9	10:40	4	1:35	17.4
6 (84)	1:21	13	0:28	52.8	12:01	4	2:03	20.6
7 (129)	2:19	10	1:09	98.6	14:20	5	3:11	28.6
8 (113)	8:47	11	4:50	122.4	23:07	9	7:45	50.4
9 (92)	1:41	11	0:26	34.7	24:48	8	7:58	47.3
10 (117)	2:41	7	0:27	20.2	27:29	8	8:14	42.8
11 (97)	0:48	7	0:17	54.8	28:17	7	8:25	42.4
12 (99)	1:24	7	0:20	31.3	29:41	7	8:45	41.8
13 (101)	3:56	13	1:32	63.9	33:37	9	9:43	40.7
14 (128)	2:01	12	1:22	210.3	35:38	10	10:01	39.1
15 (53)	1:00	10	0:12	25.0	36:38	10	10:06	38.1
16 (120)	1:32	7	0:27	41.5	38:10	9	7:54	26.1
17 (104)	0:46	4	0:09	24.3	38:56	9	7:50	25.2
18 (100)	0:39	6	0:08	25.8	39:35	9	7:58	25.2
□□	0:26	5	0:06	30.0	40:01	9	8:04	25.3