



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Grigulis, Dzintars

□□: Ogre OK/SC

□□□: 37:10

□□□□: 10:07 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 65-

□□□□□: 5(of 15)

□□□□□□□: 29:38

□□: 7:32

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:10	6	0:28	17.3	3:10	6	0:28	17.3
2 (87)	3:14	8	0:51	35.7	6:24	5	1:19	25.9
3 (108)	1:50	7	0:19	20.9	8:14	5	1:35	23.8
4 (124)	2:07	5	0:22	21.0	10:21	4	1:45	20.4
5 (88)	1:03	6	0:09	16.7	11:24	4	1:53	19.8
6 (84)	4:36	14	3:40	392.9	16:00	7	5:26	51.4
7 (129)	1:47	5	0:28	35.4	17:47	7	5:19	42.7
8 (113)	5:00	3	0:24	8.7	22:47	4	5:33	32.2
9 (92)	1:24	6	0:14	20.0	24:11	5	5:42	30.8
10 (117)	3:00	5	0:44	32.4	27:11	5	6:16	30.0
11 (97)	0:59	6	0:23	63.9	28:10	5	6:17	28.7
12 (99)	1:17	3	0:13	20.3	29:27	5	6:30	28.3
13 (101)	2:46	5	0:23	16.1	32:13	5	6:53	27.2
14 (128)	0:44	7	0:06	15.8	32:57	5	6:58	26.8
15 (53)	1:01	8	0:11	22.0	33:58	5	7:09	26.7
16 (120)	1:15	4	0:09	13.6	35:13	5	7:12	25.7
17 (104)	0:49	3	0:05	11.4	36:02	5	7:17	25.3
18 (100)	0:38	4	0:07	22.6	36:40	5	7:24	25.3
□□	0:30	9	0:08	36.4	37:10	5	7:32	25.4