



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Dawson, Roy

□□: Gafanhorī

□□□: 43:26

□□□□: 11:50 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 65-

□□□□□: 7(of 15)

□□□□□□□: 29:38

□□: 13:48

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:48	2	0:06	3.7	2:48	2	0:06	3.7
2 (87)	6:44	14	4:21	182.5	9:32	12	4:27	87.5
3 (108)	2:40	11	1:09	75.8	12:12	10	5:33	83.5
4 (124)	2:15	10	0:30	28.6	14:27	10	5:51	68.0
5 (88)	1:06	8	0:12	22.2	15:33	8	6:02	63.4
6 (84)	1:20	6	0:24	42.9	16:53	9	6:19	59.8
7 (129)	1:29	3	0:10	12.7	18:22	9	5:54	47.3
8 (113)	8:40	11	4:04	88.4	27:02	7	9:48	56.9
9 (92)	1:25	7	0:15	21.4	28:27	7	9:58	53.9
10 (117)	5:08	14	2:52	126.5	33:35	9	12:40	60.6
11 (97)	0:50	4	0:14	38.9	34:25	8	12:32	57.3
12 (99)	1:24	6	0:20	31.3	35:49	7	12:52	56.1
13 (101)	2:51	6	0:28	19.6	38:40	7	13:20	52.6
14 (128)	0:38	1	-	-	39:18	7	13:19	51.3
15 (53)	0:57	5	0:07	14.0	40:15	7	13:26	50.1
16 (120)	1:10	2	0:04	6.1	41:25	7	13:24	47.8
17 (104)	0:51	5	0:07	15.9	42:16	7	13:31	47.0
18 (100)	0:41	7	0:10	32.3	42:57	7	13:41	46.8
□□	0:29	8	0:07	31.8	43:26	7	13:48	46.6