



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Kučinskis, Arnolds

□□: Ogre OK/SC

□□□: 45:40

□□□□: 12:26 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 65-

□□□□□: 9(of 15)

□□□□□□□: 29:38

□□: 16:02

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	6:21	13	3:39	135.2	6:21	13	3:39	135.2
2 (87)	3:00	6	0:37	25.9	9:21	10	4:16	83.9
3 (108)	3:13	12	1:42	112.1	12:34	11	5:55	89.0
4 (124)	4:01	13	2:16	129.5	16:35	12	7:59	92.8
5 (88)	1:05	7	0:11	20.4	17:40	12	8:09	85.6
6 (84)	1:38	9	0:42	75.0	19:18	11	8:44	82.7
7 (129)	2:15	10	0:56	70.9	21:33	11	9:05	72.9
8 (113)	6:47	7	2:11	47.5	28:20	10	11:06	64.4
9 (92)	2:01	12	0:51	72.9	30:21	10	11:52	64.2
10 (117)	3:17	8	1:01	44.9	33:38	10	12:43	60.8
11 (97)	1:16	9	0:40	111.1	34:54	10	13:01	59.5
12 (99)	1:49	10	0:45	70.3	36:43	10	13:46	60.0
13 (101)	3:40	12	1:17	53.9	40:23	11	15:03	59.4
14 (128)	0:46	8	0:08	21.1	41:09	11	15:10	58.4
15 (53)	0:55	4	0:05	10.0	42:04	11	15:15	56.9
16 (120)	1:24	6	0:18	27.3	43:28	9	15:27	55.2
17 (104)	1:06	12	0:22	50.0	44:34	9	15:49	55.0
18 (100)	0:39	5	0:08	25.8	45:13	9	15:57	54.5
□□	0:27	6	0:05	22.7	45:40	9	16:02	54.1