



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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**FOLEY-FISHER, NIGEL JC**

□□: MNAV

□□□: 59:51

□□□□: 16:18 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 65-

□□□□□: 14(of 15)

□□□□□□: 29:38

□□: 30:13

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	4:21	9	1:39	61.1	4:21	9	1:39	61.1
2 (87)	5:02	13	2:39	111.2	9:23	11	4:18	84.6
3 (108)	3:21	13	1:50	120.9	12:44	12	6:05	91.5
4 (124)	4:36	15	2:51	162.9	17:20	13	8:44	101.6
5 (88)	2:06	13	1:12	133.3	19:26	13	9:55	104.2
6 (84)	2:41	11	1:45	187.5	22:07	12	11:33	109.3
7 (129)	3:01	14	1:42	129.1	25:08	12	12:40	101.6
8 (113)	10:23	13	5:47	125.7	35:31	14	18:17	106.1
9 (92)	3:11	15	2:01	172.9	38:42	14	20:13	109.4
10 (117)	5:07	13	2:51	125.7	43:49	13	22:54	109.5
11 (97)	1:21	10	0:45	125.0	45:10	13	23:17	106.4
12 (99)	2:44	14	1:40	156.3	47:54	13	24:57	108.7
13 (101)	4:24	15	2:01	84.6	52:18	14	26:58	106.5
14 (128)	1:23	14	0:45	118.4	53:41	14	27:42	106.6
15 (53)	1:49	15	0:59	118.0	55:30	14	28:41	107.0
16 (120)	1:48	11	0:42	63.6	57:18	14	29:17	104.5
17 (104)	1:14	14	0:30	68.2	58:32	14	29:47	103.6
18 (100)	0:52	11	0:21	67.7	59:24	14	30:08	103.0
□□	0:27	6	0:05	22.7	59:51	14	30:13	102.0