



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lietuvietis, Ojārs

□□: Sigulda

□□□: 46:25

□□□□: 12:26 min/km

□□: 3.73 km / 17 □□

□□□□:

Men 70-

□□□□□: 4(of 12)

□□□□□□□: 39:32

□□: 6:53

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	4:32	6	1:11	35.3	4:32	6	1:11	35.3
2 (87)	3:07	3	0:39	26.4	7:39	3	1:50	31.5
3 (129)	1:40	6	0:31	44.9	9:19	3	2:21	33.7
4 (86)	2:33	10	1:02	68.1	11:52	4	3:05	35.1
5 (89)	2:10	6	0:36	38.3	14:02	4	3:41	35.6
6 (109)	3:09	8	0:57	43.2	17:11	4	3:57	29.9
7 (84)	1:35	9	0:51	115.9	18:46	4	4:48	34.4
8 (111)	3:45	8	1:06	41.5	22:31	4	5:44	34.2
9 (94)	3:28	4	0:17	8.9	25:59	4	4:06	18.7
10 (115)	4:14	6	1:20	46.0	30:13	4	5:14	21.0
11 (96)	2:21	2	0:11	8.5	32:34	4	5:25	20.0
12 (116)	1:32	3	0:06	7.0	34:06	4	5:28	19.1
13 (78)	6:37	5	1:25	27.2	40:43	4	5:43	16.3
14 (53)	1:00	5	0:11	22.5	41:43	4	5:48	16.2
15 (120)	2:29	8	1:01	69.3	44:12	4	6:49	18.2
16 (131)	0:55	3	0:10	22.2	45:07	4	6:47	17.7
17 (100)	0:44	6	0:12	37.5	45:51	4	6:50	17.5
□□	0:34	6	0:07	25.9	46:25	4	6:53	17.4