



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Miesnieks, Ričards

□□: Ogre OK/SC

□□□: 40:50

□□□□: 19:04 min/km

□□: 2.14 km / 9 □□

□□□□:

Men -12

□□□□□: 12(of 21)

□□□□□□□: 17:24

□□: 23:26

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	4:48	9	2:25	101.4	4:48	9	2:25	101.4
2 (136)	5:31	11	2:59	117.8	10:19	9	4:47	86.5
3 (137)	19:12	14	16:49	705.6	29:31	13	19:59	209.6
4 (101)	3:03	13	1:25	86.7	32:34	13	20:57	180.3
5 (128)	0:51	8	0:17	50.0	33:25	12	20:59	168.8
6 (53)	2:57	15	2:11	284.8	36:22	13	23:00	172.1
7 (126)	2:44	10	1:29	118.7	39:06	12	23:08	144.9
8 (132)	0:52	8	0:12	30.0	39:58	12	23:18	139.8
9 (100)	0:31	12	0:08	34.8	40:29	12	23:25	137.2
□□	0:21	3	0:01	5.0	40:50	12	23:26	134.7