



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Ciglis, Nils

□□: A2

□□□: 29:50

□□□□: 8:59 min/km

□□: 3.32 km / 15 □□

□□□□:

Men -14

□□□□□: 4(of 28)

□□□□□□: 24:30

□□: 5:20

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	2:46	9	0:49	41.9	2:46	9	0:49	41.9
2 (135)	2:17	18	1:13	114.1	5:03	14	1:55	61.2
3 (83)	0:40	2	0:07	21.2	5:43	8	1:45	44.1
4 (111)	4:53	9	2:10	79.8	10:36	5	2:29	30.6
5 (95)	2:52	14	1:08	65.4	13:28	6	3:35	36.3
6 (92)	2:04	7	0:30	31.9	15:32	5	3:32	29.4
7 (96)	1:57	17	0:38	48.1	17:29	4	3:26	24.4
8 (133)	1:32	3	0:13	16.5	19:01	3	3:24	21.8
9 (118)	2:52	16	1:24	95.5	21:53	4	4:37	26.7
10 (102)	3:08	5	0:20	11.9	25:01	4	4:47	23.6
11 (53)	1:10	9	0:17	32.1	26:11	4	5:04	24.0
12 (126)	1:46	16	0:36	51.4	27:57	4	5:14	23.0
13 (120)	0:27	1	-	-	28:24	4	5:03	21.6
14 (132)	0:36	11	0:06	20.0	29:00	4	5:09	21.6
15 (100)	0:28	16	0:07	33.3	29:28	4	5:16	21.8
□□	0:22	10	0:04	22.2	29:50	4	5:20	21.8