



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Eižvertiņš, Ralfs Jānis

□□: Alnis-JNSC OK

□□□: 32:34

□□□□: 9:48 min/km

□□: 3.32 km / 15 □□

□□□□:

Men -14

□□□□□: 6(of 28)

□□□□□□: 24:30

□□: 8:04

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	4:26	20	2:29	127.4	4:26	20	2:29	127.4
2 (135)	3:17	22	2:13	207.8	7:43	18	4:35	146.3
3 (83)	0:40	2	0:07	21.2	8:23	17	4:25	111.3
4 (111)	6:17	16	3:34	131.3	14:40	15	6:33	80.7
5 (95)	4:37	18	2:53	166.4	19:17	12	9:24	95.1
6 (92)	2:27	13	0:53	56.4	21:44	11	9:44	81.1
7 (96)	1:23	3	0:04	5.1	23:07	10	9:04	64.5
8 (133)	1:19	1	-	-	24:26	7	8:49	56.5
9 (118)	1:28	1	-	-	25:54	6	8:38	50.0
10 (102)	2:49	3	0:01	0.6	28:43	6	8:29	41.9
11 (53)	0:58	3	0:05	9.4	29:41	6	8:34	40.6
12 (126)	1:10	1	-	-	30:51	6	8:08	35.8
13 (120)	0:28	2	0:01	3.7	31:19	6	7:58	34.1
14 (132)	0:32	6	0:02	6.7	31:51	6	8:00	33.5
15 (100)	0:23	5	0:02	9.5	32:14	6	8:02	33.2
□□	0:20	2	0:02	11.1	32:34	6	8:04	32.9