



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Lūkins, Ronalds

□□: Sigulda

□□□: 37:55

□□□□: 11:25 min/km

□□: 3.32 km / 15 □□

□□□□:

Men -14

□□□□□: 8(of 28)

□□□□□□: 24:30

□□: 13:25

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	3:05	16	1:08	58.1	3:05	16	1:08	58.1
2 (135)	9:42	26	8:38	809.4	12:47	24	9:39	308.0
3 (83)	0:52	6	0:19	57.6	13:39	24	9:41	244.1
4 (111)	5:01	12	2:18	84.7	18:40	20	10:33	130.0
5 (95)	2:51	13	1:07	64.4	21:31	16	11:38	117.7
6 (92)	2:08	8	0:34	36.2	23:39	15	11:39	97.1
7 (96)	1:44	12	0:25	31.7	25:23	13	11:20	80.7
8 (133)	1:44	9	0:25	31.7	27:07	11	11:30	73.6
9 (118)	2:48	14	1:20	90.9	29:55	11	12:39	73.3
10 (102)	3:19	13	0:31	18.5	33:14	11	13:00	64.3
11 (53)	1:12	11	0:19	35.9	34:26	10	13:19	63.1
12 (126)	1:35	9	0:25	35.7	36:01	10	13:18	58.6
13 (120)	0:31	4	0:04	14.8	36:32	9	13:11	56.5
14 (132)	0:37	13	0:07	23.3	37:09	8	13:18	55.8
15 (100)	0:23	5	0:02	9.5	37:32	8	13:20	55.1
□□	0:23	14	0:05	27.8	37:55	8	13:25	54.8