



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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## Lācis, Renāts

□□: CPSS/Meridiāns/Pārgauja

□□□: 58:57

□□□□: 17:45 min/km

□□: 3.32 km / 15 □□

□□□□:

Men -14

□□□□□: 23(of 28)

□□□□□□□: 24:30

□□: 34:27

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	3:04	15	1:07	57.3	3:04	15	1:07	57.3
2 (135)	1:35	9	0:31	48.4	4:39	10	1:31	48.4
3 (83)	1:26	16	0:53	160.6	6:05	11	2:07	53.4
4 (111)	6:37	18	3:54	143.6	12:42	13	4:35	56.5
5 (95)	10:24	23	8:40	500.0	23:06	19	13:13	133.7
6 (92)	2:17	10	0:43	45.7	25:23	18	13:23	111.5
7 (96)	4:06	23	2:47	211.4	29:29	19	15:26	109.9
8 (133)	7:13	23	5:54	448.1	36:42	22	21:05	135.0
9 (118)	12:20	25	10:52	740.9	49:02	23	31:46	184.0
10 (102)	3:32	15	0:44	26.2	52:34	23	32:20	159.8
11 (53)	1:28	17	0:35	66.0	54:02	23	32:55	155.9
12 (126)	3:09	23	1:59	170.0	57:11	23	34:28	151.7
13 (120)	0:33	11	0:06	22.2	57:44	23	34:23	147.3
14 (132)	0:31	3	0:01	3.3	58:15	23	34:24	144.2
15 (100)	0:21	1	-	-	58:36	23	34:24	142.2
□□	0:21	5	0:03	16.7	58:57	23	34:27	140.6