



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Knēts, Rihards

□□: CPSS/Meridiāns/Pārgauja

□□□: 42:37

□□□□: 10:25 min/km

□□: 4.09 km / 21 □□

□□□□:

Men -16

□□□□□: 9(of 19)

□□□□□□: 30:44

□□: 11:53

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:58	5	0:18	18.0	1:58	5	0:18	18.0
2 (106)	0:46	2	0:05	12.2	2:44	4	0:13	8.6
3 (107)	1:53	4	0:13	13.0	4:37	3	0:24	9.5
4 (108)	8:37	15	7:26	628.2	13:14	12	7:16	121.8
5 (85)	1:49	12	1:15	220.6	15:03	11	7:56	111.5
6 (109)	1:42	12	0:44	75.9	16:45	11	8:18	98.2
7 (110)	1:13	9	0:27	58.7	17:58	10	8:37	92.2
8 (111)	2:03	8	0:37	43.0	20:01	10	8:59	81.4
9 (112)	2:45	15	1:55	230.0	22:46	10	10:47	90.0
10 (113)	6:13	13	4:33	273.0	28:59	11	15:20	112.3
11 (114)	1:16	10	0:29	61.7	30:15	11	13:44	83.2
12 (115)	1:05	2	0:01	1.6	31:20	11	13:43	77.9
13 (116)	2:05	4	0:04	3.3	33:25	9	13:22	66.7
14 (117)	0:53	10	0:17	47.2	34:18	9	13:33	65.3
15 (118)	1:06	2	0:06	10.0	35:24	9	13:23	60.8
16 (119)	2:32	2	0:08	5.6	37:56	9	13:01	52.2
17 (53)	0:41	2	0:02	5.1	38:37	9	12:47	49.5
18 (120)	0:55	2	0:04	7.8	39:32	9	12:29	46.2
19 (121)	0:53	4	0:02	3.9	40:25	9	12:20	43.9
20 (122)	1:05	3	0:02	3.2	41:30	9	12:00	40.7
21 (100)	0:48	7	0:11	29.7	42:18	9	11:55	39.2
□□	0:19	8	0:04	26.7	42:37	9	11:53	38.7