



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Makstenieks, Aivars

□□: ZVOC-VBSS

□□□: 54:30

□□□□: 13:19 min/km

□□: 4.09 km / 21 □□

□□□□:

Men -16

□□□□□: 12(of 19)

□□□□□□□: 30:44

□□: 23:46

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	3:33	13	1:53	113.0	3:33	13	1:53	113.0
2 (106)	1:43	13	1:02	151.2	5:16	11	2:45	109.3
3 (107)	7:19	16	5:39	339.0	12:35	15	8:22	198.4
4 (108)	1:26	3	0:15	21.1	14:01	13	8:03	134.9
5 (85)	3:24	15	2:50	500.0	17:25	12	10:18	144.7
6 (109)	1:14	4	0:16	27.6	18:39	12	10:12	120.7
7 (110)	1:12	8	0:26	56.5	19:51	12	10:30	112.3
8 (111)	3:09	13	1:43	119.8	23:00	11	11:58	108.5
9 (112)	2:31	14	1:41	202.0	25:31	12	13:32	112.9
10 (113)	2:06	6	0:26	26.0	27:37	10	13:58	102.3
11 (114)	1:39	13	0:52	110.6	29:16	10	12:45	77.2
12 (115)	1:24	8	0:20	31.3	30:40	10	13:03	74.1
13 (116)	4:32	11	2:31	124.8	35:12	11	15:09	75.6
14 (117)	0:38	2	0:02	5.6	35:50	11	15:05	72.7
15 (118)	4:16	15	3:16	326.7	40:06	11	18:05	82.1
16 (119)	5:58	16	3:34	148.6	46:04	12	21:09	84.9
17 (53)	3:01	16	2:22	364.1	49:05	12	23:15	90.0
18 (120)	1:32	15	0:41	80.4	50:37	12	23:34	87.1
19 (121)	1:08	10	0:17	33.3	51:45	12	23:40	84.3
20 (122)	1:35	15	0:32	50.8	53:20	12	23:50	80.8
21 (100)	0:49	8	0:12	32.4	54:09	12	23:46	78.2
□□	0:21	13	0:06	40.0	54:30	12	23:46	77.3