



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Ermiņš, Kristofers

□□: Ogre OK/SC

□□□: 1:00:37

□□□□: 14:49 min/km

□□: 4.09 km / 21 □□

□□□□:

Men -16

□□□□□: 13(of 19)

□□□□□□: 30:44

□□: 29:53

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	3:30	12	1:50	110.0	3:30	12	1:50	110.0
2 (106)	1:07	10	0:26	63.4	4:37	9	2:06	83.4
3 (107)	2:36	12	0:56	56.0	7:13	8	3:00	71.2
4 (108)	7:07	13	5:56	501.4	14:20	14	8:22	140.2
5 (85)	0:34	1	-	-	14:54	10	7:47	109.4
6 (109)	1:46	13	0:48	82.8	16:40	10	8:13	97.2
7 (110)	1:47	13	1:01	132.6	18:27	11	9:06	97.3
8 (111)	4:49	15	3:23	236.1	23:16	12	12:14	110.9
9 (112)	1:14	6	0:24	48.0	24:30	11	12:31	104.5
10 (113)	8:07	15	6:27	387.0	32:37	13	18:58	139.0
11 (114)	1:30	12	0:43	91.5	34:07	13	17:36	106.6
12 (115)	1:37	12	0:33	51.6	35:44	13	18:07	102.8
13 (116)	10:16	15	8:15	409.1	46:00	13	25:57	129.4
14 (117)	0:36	1	-	-	46:36	13	25:51	124.6
15 (118)	4:57	16	3:57	395.0	51:33	13	29:32	134.1
16 (119)	3:19	7	0:55	38.2	54:52	13	29:57	120.2
17 (53)	0:56	12	0:17	43.6	55:48	13	29:58	116.0
18 (120)	1:13	13	0:22	43.1	57:01	13	29:58	110.8
19 (121)	1:09	11	0:18	35.3	58:10	13	30:05	107.1
20 (122)	1:16	6	0:13	20.6	59:26	13	29:56	101.5
21 (100)	0:53	13	0:16	43.2	1:00:19	13	29:56	98.5
□□	0:18	5	0:03	20.0	1:00:37	13	29:53	97.2