



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Karnītis, Edgars

□□: Kāpa OK/Saulkrasti

□□□: 1:04:48

□□□□: 15:50 min/km

□□: 4.09 km / 21 □□

□□□□:

Men -16

□□□□□: 14(of 19)

□□□□□□: 30:44

□□: 34:04

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:50	4	0:10	10.0	1:50	4	0:10	10.0
2 (106)	0:55	7	0:14	34.2	2:45	5	0:14	9.3
3 (107)	2:29	11	0:49	49.0	5:14	7	1:01	24.1
4 (108)	7:08	14	5:57	502.8	12:22	10	6:24	107.3
5 (85)	8:31	16	7:57	1,402.9	20:53	13	13:46	193.4
6 (109)	6:58	17	6:00	620.7	27:51	14	19:24	229.6
7 (110)	2:12	14	1:26	187.0	30:03	15	20:42	221.4
8 (111)	2:35	10	1:09	80.2	32:38	15	21:36	195.8
9 (112)	1:36	10	0:46	92.0	34:14	15	22:15	185.7
10 (113)	10:53	16	9:13	553.0	45:07	15	31:28	230.5
11 (114)	0:48	2	0:01	2.1	45:55	14	29:24	178.0
12 (115)	1:31	10	0:27	42.2	47:26	14	29:49	169.3
13 (116)	3:15	8	1:14	61.2	50:41	14	30:38	152.8
14 (117)	1:12	15	0:36	100.0	51:53	14	31:08	150.0
15 (118)	3:35	12	2:35	258.3	55:28	14	33:27	151.9
16 (119)	3:38	8	1:14	51.4	59:06	14	34:11	137.2
17 (53)	0:53	6	0:14	35.9	59:59	14	34:09	132.2
18 (120)	1:00	6	0:09	17.7	1:00:59	14	33:56	125.5
19 (121)	1:10	12	0:19	37.3	1:02:09	14	34:04	121.3
20 (122)	1:27	11	0:24	38.1	1:03:36	14	34:06	115.6
21 (100)	0:55	15	0:18	48.7	1:04:31	14	34:08	112.3
□□	0:17	2	0:02	13.3	1:04:48	14	34:04	110.9