



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Ašmantas, Aurimas

□□: Šilalēs SM

□□□: 30:13

□□□□: 7:23 min/km

□□: 4.09 km / 21 □□

□□□□:

Men -18E

□□□□□: 4(of 16)

□□□□□□: 29:11

□□: 1:02

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:56	7	0:28	31.8	1:56	7	0:28	31.8
2 (106)	0:56	5	0:15	36.6	2:52	3	0:31	22.0
3 (107)	1:57	10	0:25	27.2	4:49	4	0:44	18.0
4 (108)	1:25	5	0:11	14.9	6:14	2	0:02	0.5
5 (85)	0:57	8	0:18	46.2	7:11	2	0:15	3.6
6 (109)	0:59	3	0:12	25.5	8:10	2	0:13	2.7
7 (110)	0:57	3	0:08	16.3	9:07	2	0:03	0.6
8 (111)	2:07	8	0:40	46.0	11:14	2	0:18	2.7
9 (112)	0:55	8	0:09	19.6	12:09	2	0:27	3.9
10 (113)	2:48	12	1:23	97.7	14:57	3	1:34	11.7
11 (114)	0:44	4	0:05	12.8	15:41	2	1:32	10.8
12 (115)	1:06	5	0:09	15.8	16:47	2	1:29	9.7
13 (116)	2:07	4	0:11	9.5	18:54	2	1:35	9.1
14 (117)	0:44	7	0:07	18.9	19:38	2	1:30	8.3
15 (118)	1:04	3	0:03	4.9	20:42	2	0:34	2.8
16 (119)	2:23	2	0:14	10.9	23:05	1	-	-
17 (53)	0:41	4	0:05	13.9	23:46	1	-	-
18 (120)	2:05	14	1:16	155.1	25:51	2	0:06	0.4
19 (121)	0:55	7	0:07	14.6	26:46	1	-	-
20 (122)	2:20	15	1:19	129.5	29:06	4	1:03	3.7
21 (100)	0:47	9	0:11	30.6	29:53	4	1:03	3.6
□□	0:20	8	0:03	17.7	30:13	4	1:02	3.5