



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Aparjods, Kristers

□□: Kāpa OK/Saulkrasti

□□□: 32:55

□□□□: 8:02 min/km

□□: 4.09 km / 21 □□

□□□□:

Men -18E

□□□□□: 6(of 16)

□□□□□□: 29:11

□□: 3:44

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	□□	-	-	%	□□	-	-	%
1 (105)	1:51	5	0:23	26.1	1:51	5	0:23	26.1
2 (106)	1:31	8	0:50	122.0	3:22	8	1:01	43.3
3 (107)	1:32	1	-	-	4:54	5	0:49	20.0
4 (108)	2:14	12	1:00	81.1	7:08	6	0:56	15.1
5 (85)	0:40	2	0:01	2.6	7:48	5	0:52	12.5
6 (109)	1:11	8	0:24	51.1	8:59	5	1:02	13.0
7 (110)	1:29	15	0:40	81.6	10:28	5	1:24	15.4
8 (111)	2:11	9	0:44	50.6	12:39	5	1:43	15.7
9 (112)	0:56	9	0:10	21.7	13:35	5	1:53	16.1
10 (113)	1:41	4	0:16	18.8	15:16	5	1:53	14.1
11 (114)	0:49	9	0:10	25.6	16:05	4	1:56	13.7
12 (115)	1:06	5	0:09	15.8	17:11	3	1:53	12.3
13 (116)	2:57	13	1:01	52.6	20:08	6	2:49	16.3
14 (117)	0:49	9	0:12	32.4	20:57	5	2:49	15.5
15 (118)	3:19	15	2:18	226.2	24:16	7	4:08	20.5
16 (119)	2:59	11	0:50	38.8	27:15	7	4:10	18.1
17 (53)	0:47	7	0:11	30.6	28:02	7	4:16	18.0
18 (120)	1:00	7	0:11	22.5	29:02	6	3:17	12.8
19 (121)	1:19	15	0:31	64.6	30:21	6	3:35	13.4
20 (122)	1:22	13	0:21	34.4	31:43	6	3:40	13.1
21 (100)	0:51	12	0:15	41.7	32:34	6	3:44	13.0
□□	0:21	12	0:04	23.5	32:55	6	3:44	12.8