



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Ulmanis, Valts

□□: Auseklis IK

□□□: 40:40

□□□□: 6:31 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -20E

□□□□□: 4(of 22)

□□□□□□: 35:32

□□: 5:08

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:56	12	0:26	28.9	1:56	12	0:26	28.9
2 (32)	2:03	4	0:24	24.2	3:59	4	0:48	25.1
3 (33)	1:41	7	0:15	17.4	5:40	4	1:00	21.4
4 (34)	0:36	6	0:09	33.3	6:16	4	1:05	20.9
5 (35)	2:10	8	0:28	27.5	8:26	5	1:33	22.5
6 (36)	2:15	4	0:28	26.2	10:41	4	1:35	17.4
7 (37)	1:07	7	0:20	42.6	11:48	4	1:52	18.8
8 (38)	1:32	13	0:35	61.4	13:20	4	2:27	22.5
9 (39)	1:37	14	1:09	246.4	14:57	5	3:25	29.6
10 (40)	2:02	6	0:39	47.0	16:59	4	4:04	31.5
11 (41)	2:04	17	0:42	51.2	19:03	4	4:29	30.8
12 (42)	1:06	4	0:11	20.0	20:09	4	3:59	24.6
13 (43)	1:14	7	0:17	29.8	21:23	4	4:10	24.2
14 (44)	0:39	5	0:09	30.0	22:02	4	4:17	24.1
15 (45)	1:20	8	0:13	19.4	23:22	4	4:30	23.9
16 (46)	0:53	4	0:06	12.8	24:15	4	4:36	23.4
17 (47)	1:54	10	0:25	28.1	26:09	3	5:01	23.7
18 (48)	0:45	3	0:04	9.8	26:54	3	4:17	18.9
19 (49)	0:22	4	0:03	15.8	27:16	3	4:18	18.7
20 (50)	2:10	18	1:00	85.7	29:26	4	5:18	22.0
21 (51)	1:06	5	0:12	22.2	30:32	4	5:23	21.4
22 (52)	1:30	13	0:31	52.5	32:02	4	3:57	14.1
23 (53)	3:45	15	1:07	42.4	35:47	4	4:49	15.6
24 (54)	1:05	7	0:08	14.0	36:52	4	4:52	15.2
25 (55)	0:36	4	0:03	9.1	37:28	4	4:51	14.9
26 (56)	0:52	6	0:06	13.0	38:20	4	4:57	14.8
27 (57)	1:16	9	0:08	11.8	39:36	4	5:05	14.7
28 (100)	0:46	7	0:06	15.0	40:22	4	5:06	14.5
□□	0:18	5	0:02	12.5	40:40	4	5:08	14.5