



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Knēts, Jēkabs

□□: CPSS/Meridiāns/Pārgauja

□□□: 51:19

□□□□: 8:14 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -20E

□□□□□: 14(of 22)

□□□□□□: 35:32

□□: 15:47

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	2:00	13	0:30	33.3	2:00	13	0:30	33.3
2 (32)	4:41	16	3:02	183.8	6:41	16	3:30	110.0
3 (33)	1:47	10	0:21	24.4	8:28	14	3:48	81.4
4 (34)	1:06	17	0:39	144.4	9:34	15	4:23	84.6
5 (35)	1:57	5	0:15	14.7	11:31	10	4:38	67.3
6 (36)	4:08	17	2:21	131.8	15:39	15	6:33	72.0
7 (37)	3:46	19	2:59	380.9	19:25	17	9:29	95.5
8 (38)	1:38	15	0:41	71.9	21:03	17	10:10	93.4
9 (39)	0:43	9	0:15	53.6	21:46	16	10:14	88.7
10 (40)	1:54	4	0:31	37.4	23:40	14	10:45	83.2
11 (41)	1:52	10	0:30	36.6	25:32	13	10:58	75.3
12 (42)	1:15	9	0:20	36.4	26:47	12	10:37	65.7
13 (43)	2:24	16	1:27	152.6	29:11	12	11:58	69.5
14 (44)	0:33	3	0:03	10.0	29:44	12	11:59	67.5
15 (45)	1:51	16	0:44	65.7	31:35	13	12:43	67.4
16 (46)	1:26	17	0:39	83.0	33:01	13	13:22	68.0
17 (47)	1:50	9	0:21	23.6	34:51	13	13:43	64.9
18 (48)	1:40	18	0:59	143.9	36:31	13	13:54	61.5
19 (49)	0:51	19	0:32	168.4	37:22	13	14:24	62.7
20 (50)	1:36	12	0:26	37.1	38:58	13	14:50	61.5
21 (51)	0:58	2	0:04	7.4	39:56	13	14:47	58.8
22 (52)	1:05	3	0:06	10.2	41:01	13	12:56	46.1
23 (53)	3:22	12	0:44	27.9	44:23	13	13:25	43.3
24 (54)	1:30	16	0:33	57.9	45:53	14	13:53	43.4
25 (55)	1:20	20	0:47	142.4	47:13	14	14:36	44.8
26 (56)	1:05	16	0:19	41.3	48:18	14	14:55	44.7
27 (57)	1:34	15	0:26	38.2	49:52	14	15:21	44.5
28 (100)	1:00	18	0:20	50.0	50:52	14	15:36	44.2
□□	0:27	21	0:11	68.8	51:19	14	15:47	44.4