



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Vainovskis, Emīls

□□: Saldus OK

□□□: 56:39

□□□□: 9:05 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -20E

□□□□□: 17(of 22)

□□□□□□: 35:32

□□: 21:07

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	2:32	20	1:02	68.9	2:32	20	1:02	68.9
2 (32)	4:52	17	3:13	195.0	7:24	18	4:13	132.5
3 (33)	1:42	8	0:16	18.6	9:06	18	4:26	95.0
4 (34)	0:40	11	0:13	48.2	9:46	16	4:35	88.4
5 (35)	2:07	6	0:25	24.5	11:53	14	5:00	72.6
6 (36)	4:55	19	3:08	175.7	16:48	16	7:42	84.6
7 (37)	3:29	18	2:42	344.7	20:17	18	10:21	104.2
8 (38)	1:25	10	0:28	49.1	21:42	18	10:49	99.4
9 (39)	1:06	12	0:38	135.7	22:48	18	11:16	97.7
10 (40)	2:51	15	1:28	106.0	25:39	17	12:44	98.6
11 (41)	2:29	18	1:07	81.7	28:08	16	13:34	93.1
12 (42)	1:07	6	0:12	21.8	29:15	14	13:05	80.9
13 (43)	2:06	14	1:09	121.1	31:21	15	14:08	82.1
14 (44)	0:41	7	0:11	36.7	32:02	15	14:17	80.5
15 (45)	2:25	20	1:18	116.4	34:27	16	15:35	82.6
16 (46)	1:02	9	0:15	31.9	35:29	16	15:50	80.6
17 (47)	2:13	13	0:44	49.4	37:42	16	16:34	78.4
18 (48)	1:24	16	0:43	104.9	39:06	17	16:29	72.9
19 (49)	1:23	20	1:04	336.8	40:29	17	17:31	76.3
20 (50)	1:50	14	0:40	57.1	42:19	17	18:11	75.4
21 (51)	1:39	18	0:45	83.3	43:58	17	18:49	74.8
22 (52)	2:07	17	1:08	115.3	46:05	17	18:00	64.1
23 (53)	4:01	17	1:23	52.5	50:06	17	19:08	61.8
24 (54)	1:43	17	0:46	80.7	51:49	16	19:49	61.9
25 (55)	0:39	11	0:06	18.2	52:28	16	19:51	60.9
26 (56)	1:03	15	0:17	37.0	53:31	16	20:08	60.3
27 (57)	1:39	18	0:31	45.6	55:10	17	20:39	59.8
28 (100)	1:04	19	0:24	60.0	56:14	17	20:58	59.5
□□	0:25	20	0:09	56.3	56:39	17	21:07	59.4