



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Šillers, Haralds

□□: Ogre OK/SC

□□□: 58:12

□□□□: 9:20 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -20E

□□□□□: 18(of 22)

□□□□□□: 35:32

□□: 22:40

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	2:41	21	1:11	78.9	2:41	21	1:11	78.9
2 (32)	3:13	13	1:34	95.0	5:54	13	2:43	85.3
3 (33)	2:46	19	1:20	93.0	8:40	17	4:00	85.7
4 (34)	1:14	18	0:47	174.1	9:54	17	4:43	91.0
5 (35)	3:01	18	1:19	77.5	12:55	17	6:02	87.7
6 (36)	4:15	18	2:28	138.3	17:10	18	8:04	88.6
7 (37)	1:23	14	0:36	76.6	18:33	16	8:37	86.7
8 (38)	1:41	16	0:44	77.2	20:14	16	9:21	85.9
9 (39)	1:47	17	1:19	282.1	22:01	17	10:29	90.9
10 (40)	2:47	14	1:24	101.2	24:48	15	11:53	92.0
11 (41)	3:02	19	1:40	122.0	27:50	15	13:16	91.1
12 (42)	1:40	17	0:45	81.8	29:30	15	13:20	82.5
13 (43)	1:40	12	0:43	75.4	31:10	14	13:57	81.0
14 (44)	0:45	10	0:15	50.0	31:55	14	14:10	79.8
15 (45)	1:45	14	0:38	56.7	33:40	14	14:48	78.5
16 (46)	1:14	12	0:27	57.5	34:54	14	15:15	77.6
17 (47)	2:37	17	1:08	76.4	37:31	15	16:23	77.5
18 (48)	1:18	15	0:37	90.2	38:49	15	16:12	71.6
19 (49)	0:31	16	0:12	63.2	39:20	15	16:22	71.3
20 (50)	1:58	15	0:48	68.6	41:18	16	17:10	71.1
21 (51)	1:39	18	0:45	83.3	42:57	16	17:48	70.8
22 (52)	2:07	17	1:08	115.3	45:04	16	16:59	60.5
23 (53)	4:42	19	2:04	78.5	49:46	16	18:48	60.7
24 (54)	2:09	20	1:12	126.3	51:55	18	19:55	62.2
25 (55)	1:15	18	0:42	127.3	53:10	18	20:33	63.0
26 (56)	1:22	20	0:36	78.3	54:32	18	21:09	63.4
27 (57)	2:08	19	1:00	88.2	56:40	18	22:09	64.2
28 (100)	1:08	20	0:28	70.0	57:48	18	22:32	63.9
□□	0:24	19	0:08	50.0	58:12	18	22:40	63.8