



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Heinols, Atis

□□: ZVOC-VBSS

□□□: 59:20

□□□□: 9:31 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -20E

□□□□□: 19(of 22)

□□□□□□: 35:32

□□: 23:48

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	□□	-	-	%	□□	-	-	%
1 (31)	1:53	9	0:23	25.6	1:53	9	0:23	25.6
2 (32)	2:22	7	0:43	43.4	4:15	7	1:04	33.5
3 (33)	2:20	15	0:54	62.8	6:35	9	1:55	41.1
4 (34)	0:35	5	0:08	29.6	7:10	8	1:59	38.3
5 (35)	5:04	20	3:22	198.0	12:14	15	5:21	77.7
6 (36)	3:10	11	1:23	77.6	15:24	14	6:18	69.2
7 (37)	1:09	8	0:22	46.8	16:33	13	6:37	66.6
8 (38)	1:44	17	0:47	82.5	18:17	13	7:24	68.0
9 (39)	2:39	19	2:11	467.9	20:56	15	9:24	81.5
10 (40)	5:34	18	4:11	302.4	26:30	18	13:35	105.2
11 (41)	2:02	14	0:40	48.8	28:32	17	13:58	95.9
12 (42)	1:12	8	0:17	30.9	29:44	16	13:34	83.9
13 (43)	3:13	19	2:16	238.6	32:57	17	15:44	91.4
14 (44)	0:50	14	0:20	66.7	33:47	17	16:02	90.3
15 (45)	1:46	15	0:39	58.2	35:33	18	16:41	88.4
16 (46)	1:33	18	0:46	97.9	37:06	18	17:27	88.8
17 (47)	4:25	20	2:56	197.8	41:31	18	20:23	96.5
18 (48)	1:14	14	0:33	80.5	42:45	19	20:08	89.0
19 (49)	0:26	14	0:07	36.8	43:11	19	20:13	88.0
20 (50)	2:07	16	0:57	81.4	45:18	19	21:10	87.7
21 (51)	1:07	6	0:13	24.1	46:25	19	21:16	84.6
22 (52)	1:35	14	0:36	61.0	48:00	19	19:55	70.9
23 (53)	5:25	20	2:47	105.7	53:25	19	22:27	72.5
24 (54)	1:21	14	0:24	42.1	54:46	19	22:46	71.2
25 (55)	0:41	15	0:08	24.2	55:27	19	22:50	70.0
26 (56)	1:07	17	0:21	45.7	56:34	19	23:11	69.5
27 (57)	1:34	15	0:26	38.2	58:08	19	23:37	68.4
28 (100)	0:51	12	0:11	27.5	58:59	19	23:43	67.3
□□	0:21	14	0:05	31.3	59:20	19	23:48	67.0