



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Stiprais, Klāvs

□□: Mežmalas / Madona

□□□: 1:16:32

□□□□: 12:17 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -20E

□□□□□: 20(of 22)

□□□□□□: 35:32

□□: 41:00

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:47	7	0:17	18.9	1:47	7	0:17	18.9
2 (32)	9:46	20	8:07	491.9	11:33	20	8:22	262.8
3 (33)	5:07	21	3:41	257.0	16:40	20	12:00	257.1
4 (34)	0:44	15	0:17	63.0	17:24	20	12:13	235.7
5 (35)	2:26	12	0:44	43.1	19:50	20	12:57	188.1
6 (36)	6:40	21	4:53	273.8	26:30	20	17:24	191.2
7 (37)	1:53	16	1:06	140.4	28:23	20	18:27	185.7
8 (38)	1:25	10	0:28	49.1	29:48	20	18:55	173.8
9 (39)	1:41	15	1:13	260.7	31:29	20	19:57	173.0
10 (40)	7:12	20	5:49	420.5	38:41	20	25:46	199.5
11 (41)	1:50	9	0:28	34.2	40:31	20	25:57	178.2
12 (42)	2:54	18	1:59	216.4	43:25	20	27:15	168.6
13 (43)	1:15	8	0:18	31.6	44:40	20	27:27	159.4
14 (44)	0:58	17	0:28	93.3	45:38	20	27:53	157.1
15 (45)	1:52	17	0:45	67.2	47:30	20	28:38	151.8
16 (46)	3:20	20	2:33	325.5	50:50	20	31:11	158.7
17 (47)	2:17	15	0:48	53.9	53:07	20	31:59	151.3
18 (48)	3:17	19	2:36	380.5	56:24	20	33:47	149.4
19 (49)	0:39	18	0:20	105.3	57:03	20	34:05	148.4
20 (50)	2:12	19	1:02	88.6	59:15	20	35:07	145.5
21 (51)	1:22	15	0:28	51.9	1:00:37	20	35:28	141.0
22 (52)	2:14	19	1:15	127.1	1:02:51	20	34:46	123.8
23 (53)	4:30	18	1:52	70.9	1:07:21	20	36:23	117.5
24 (54)	1:58	19	1:01	107.0	1:09:19	20	37:19	116.6
25 (55)	1:19	19	0:46	139.4	1:10:38	20	38:01	116.6
26 (56)	1:16	18	0:30	65.2	1:11:54	20	38:31	115.4
27 (57)	3:17	20	2:09	189.7	1:15:11	20	40:40	117.8
28 (100)	0:58	17	0:18	45.0	1:16:09	20	40:53	115.9
□□	0:23	18	0:07	43.8	1:16:32	20	41:00	115.4