



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Kūms, Jānis

□□: Alūksne OK

□□□: 32:08

□□□□: 5:09 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 9(of 73)

□□□□□□: 29:35

□□: 2:33

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:31	7	0:05	5.8	1:31	7	0:05	5.8
2 (32)	1:56	29	0:26	28.9	3:27	18	0:30	17.0
3 (33)	1:25	4	0:10	13.3	4:52	8	0:36	14.1
4 (34)	0:29	14	0:05	20.8	5:21	8	0:41	14.6
5 (35)	1:44	10	0:17	19.5	7:05	8	0:58	15.8
6 (36)	2:00	15	0:24	25.0	9:05	7	1:18	16.7
7 (37)	1:26	52	0:41	91.1	10:31	16	1:55	22.3
8 (38)	1:07	42	0:17	34.0	11:38	16	2:12	23.3
9 (39)	0:29	2	0:01	3.6	12:07	15	1:59	19.6
10 (40)	1:28	12	0:11	14.3	13:35	14	2:03	17.8
11 (41)	1:22	11	0:09	12.3	14:57	13	2:10	17.0
12 (42)	1:34	44	0:47	100.0	16:31	13	2:57	21.7
13 (43)	0:56	2	0:02	3.7	17:27	13	2:59	20.6
14 (44)	0:28	1	-	-	17:55	12	2:58	19.8
15 (45)	1:14	25	0:15	25.4	19:09	13	3:13	20.2
16 (46)	0:48	21	0:06	14.3	19:57	13	3:19	19.9
17 (47)	1:29	14	0:11	14.1	21:26	12	3:30	19.5
18 (48)	0:37	7	0:04	12.1	22:03	12	2:44	14.2
19 (49)	0:20	6	0:02	11.1	22:23	12	2:46	14.1
20 (50)	1:09	5	0:06	9.5	23:32	11	2:52	13.9
21 (51)	0:58	14	0:05	9.4	24:30	11	2:52	13.3
22 (52)	0:52	9	0:04	8.3	25:22	11	2:30	10.9
23 (53)	2:31	6	0:11	7.9	27:53	9	2:41	10.7
24 (54)	0:54	6	0:03	5.9	28:47	8	2:28	9.4
25 (55)	0:31	6	0:04	14.8	29:18	8	2:28	9.2
26 (56)	0:49	32	0:08	19.5	30:07	9	2:30	9.1
27 (57)	1:03	8	0:05	8.6	31:10	8	2:32	8.9
28 (100)	0:39	8	0:05	14.7	31:49	8	2:31	8.6
□□	0:19	33	0:04	26.7	32:08	9	2:33	8.6