



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Nieminen, Janne

□□: Paimion Rasti

□□□: 33:20

□□□□: 5:21 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 15(of 73)

□□□□□□: 29:35

□□: 3:45

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:33	13	0:07	8.1	1:33	13	0:07	8.1
2 (32)	1:53	23	0:23	25.6	3:26	16	0:29	16.4
3 (33)	2:05	56	0:50	66.7	5:31	36	1:15	29.3
4 (34)	0:31	24	0:07	29.2	6:02	33	1:22	29.3
5 (35)	1:49	24	0:22	25.3	7:51	30	1:44	28.3
6 (36)	2:19	32	0:43	44.8	10:10	25	2:23	30.6
7 (37)	0:51	13	0:06	13.3	11:01	19	2:25	28.1
8 (38)	0:59	20	0:09	18.0	12:00	18	2:34	27.2
9 (39)	0:30	8	0:02	7.1	12:30	17	2:22	23.4
10 (40)	1:23	6	0:06	7.8	13:53	16	2:21	20.4
11 (41)	1:19	6	0:06	8.2	15:12	16	2:25	18.9
12 (42)	1:52	54	1:05	138.3	17:04	19	3:30	25.8
13 (43)	1:04	22	0:10	18.5	18:08	19	3:40	25.4
14 (44)	0:42	48	0:14	50.0	18:50	20	3:53	26.0
15 (45)	1:05	6	0:06	10.2	19:55	20	3:59	25.0
16 (46)	0:49	26	0:07	16.7	20:44	20	4:06	24.7
17 (47)	1:25	7	0:07	9.0	22:09	17	4:13	23.5
18 (48)	0:37	7	0:04	12.1	22:46	16	3:27	17.9
19 (49)	0:22	36	0:04	22.2	23:08	16	3:31	17.9
20 (50)	1:12	14	0:09	14.3	24:20	16	3:40	17.7
21 (51)	1:01	23	0:08	15.1	25:21	14	3:43	17.2
22 (52)	0:53	13	0:05	10.4	26:14	14	3:22	14.7
23 (53)	2:38	19	0:18	12.9	28:52	14	3:40	14.6
24 (54)	1:01	23	0:10	19.6	29:53	14	3:34	13.6
25 (55)	0:33	24	0:06	22.2	30:26	14	3:36	13.4
26 (56)	0:46	16	0:05	12.2	31:12	14	3:35	13.0
27 (57)	1:06	17	0:08	13.8	32:18	14	3:40	12.8
28 (100)	0:42	22	0:08	23.5	33:00	14	3:42	12.6
□□	0:20	44	0:05	33.3	33:20	15	3:45	12.7