



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Paužas, Henrikas

□□: Dainava

□□□: 34:47

□□□□: 5:34 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 21(of 73)

□□□□□□: 29:35

□□: 5:12

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:37	25	0:11	12.8	1:37	25	0:11	12.8
2 (32)	1:54	26	0:24	26.7	3:31	21	0:34	19.2
3 (33)	1:35	20	0:20	26.7	5:06	18	0:50	19.5
4 (34)	0:28	10	0:04	16.7	5:34	16	0:54	19.3
5 (35)	2:01	48	0:34	39.1	7:35	23	1:28	24.0
6 (36)	1:56	14	0:20	20.8	9:31	16	1:44	22.3
7 (37)	2:05	59	1:20	177.8	11:36	30	3:00	34.9
8 (38)	1:17	58	0:27	54.0	12:53	29	3:27	36.6
9 (39)	0:31	11	0:03	10.7	13:24	29	3:16	32.2
10 (40)	1:34	20	0:17	22.1	14:58	26	3:26	29.8
11 (41)	1:45	52	0:32	43.8	16:43	27	3:56	30.8
12 (42)	1:02	21	0:15	31.9	17:45	25	4:11	30.8
13 (43)	0:59	9	0:05	9.3	18:44	25	4:16	29.5
14 (44)	0:35	20	0:07	25.0	19:19	25	4:22	29.2
15 (45)	1:22	45	0:23	39.0	20:41	25	4:45	29.8
16 (46)	0:50	33	0:08	19.1	21:31	25	4:53	29.4
17 (47)	1:34	26	0:16	20.5	23:05	23	5:09	28.7
18 (48)	0:39	13	0:06	18.2	23:44	22	4:25	22.9
19 (49)	0:20	6	0:02	11.1	24:04	22	4:27	22.7
20 (50)	1:23	47	0:20	31.8	25:27	23	4:47	23.2
21 (51)	1:00	20	0:07	13.2	26:27	21	4:49	22.3
22 (52)	0:56	21	0:08	16.7	27:23	20	4:31	19.8
23 (53)	2:45	34	0:25	17.9	30:08	20	4:56	19.6
24 (54)	1:02	31	0:11	21.6	31:10	20	4:51	18.4
25 (55)	0:35	39	0:08	29.6	31:45	20	4:55	18.3
26 (56)	0:49	32	0:08	19.5	32:34	21	4:57	17.9
27 (57)	1:09	32	0:11	19.0	33:43	21	5:05	17.8
28 (100)	0:45	36	0:11	32.4	34:28	21	5:10	17.6
□□	0:19	33	0:04	26.7	34:47	21	5:12	17.6