



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Gailis, Andris

□□: Auseklis IK

□□□: 36:23

□□□□: 5:50 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 29(of 73)

□□□□□□: 29:35

□□: 6:48

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:47	43	0:21	24.4	1:47	43	0:21	24.4
2 (32)	1:58	33	0:28	31.1	3:45	34	0:48	27.1
3 (33)	1:38	27	0:23	30.7	5:23	32	1:07	26.2
4 (34)	0:29	14	0:05	20.8	5:52	29	1:12	25.7
5 (35)	1:52	29	0:25	28.7	7:44	28	1:37	26.4
6 (36)	3:05	49	1:29	92.7	10:49	35	3:02	39.0
7 (37)	0:53	16	0:08	17.8	11:42	31	3:06	36.1
8 (38)	0:59	20	0:09	18.0	12:41	28	3:15	34.5
9 (39)	0:35	37	0:07	25.0	13:16	28	3:08	30.9
10 (40)	2:32	54	1:15	97.4	15:48	35	4:16	37.0
11 (41)	1:25	19	0:12	16.4	17:13	34	4:26	34.7
12 (42)	0:58	11	0:11	23.4	18:11	28	4:37	34.0
13 (43)	1:06	28	0:12	22.2	19:17	28	4:49	33.3
14 (44)	0:51	59	0:23	82.1	20:08	28	5:11	34.7
15 (45)	1:22	45	0:23	39.0	21:30	29	5:34	34.9
16 (46)	0:47	19	0:05	11.9	22:17	28	5:39	34.0
17 (47)	1:36	31	0:18	23.1	23:53	27	5:57	33.2
18 (48)	1:20	65	0:47	142.4	25:13	30	5:54	30.5
19 (49)	0:19	2	0:01	5.6	25:32	30	5:55	30.2
20 (50)	1:10	7	0:07	11.1	26:42	28	6:02	29.2
21 (51)	1:06	36	0:13	24.5	27:48	27	6:10	28.5
22 (52)	1:25	67	0:37	77.1	29:13	31	6:21	27.8
23 (53)	2:43	27	0:23	16.4	31:56	30	6:44	26.7
24 (54)	0:56	10	0:05	9.8	32:52	29	6:33	24.9
25 (55)	0:33	24	0:06	22.2	33:25	29	6:35	24.5
26 (56)	0:46	16	0:05	12.2	34:11	29	6:34	23.8
27 (57)	1:06	17	0:08	13.8	35:17	29	6:39	23.2
28 (100)	0:46	41	0:12	35.3	36:03	29	6:45	23.0
□□	0:20	44	0:05	33.3	36:23	29	6:48	23.0