



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Valkama, Sami

□□: Paimion Rasti

□□□: 37:38

□□□□: 6:02 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 33(of 73)

□□□□□□: 29:35

□□: 8:03

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:37	25	0:11	12.8	1:37	25	0:11	12.8
2 (32)	1:56	29	0:26	28.9	3:33	25	0:36	20.3
3 (33)	1:38	27	0:23	30.7	5:11	24	0:55	21.5
4 (34)	1:04	69	0:40	166.7	6:15	40	1:35	33.9
5 (35)	2:19	63	0:52	59.8	8:34	43	2:27	40.1
6 (36)	2:41	45	1:05	67.7	11:15	41	3:28	44.5
7 (37)	0:55	22	0:10	22.2	12:10	37	3:34	41.5
8 (38)	1:33	64	0:43	86.0	13:43	40	4:17	45.4
9 (39)	0:43	52	0:15	53.6	14:26	39	4:18	42.4
10 (40)	1:26	9	0:09	11.7	15:52	36	4:20	37.6
11 (41)	1:26	21	0:13	17.8	17:18	35	4:31	35.3
12 (42)	2:15	60	1:28	187.2	19:33	37	5:59	44.1
13 (43)	1:07	30	0:13	24.1	20:40	35	6:12	42.9
14 (44)	0:32	5	0:04	14.3	21:12	35	6:15	41.8
15 (45)	1:19	36	0:20	33.9	22:31	34	6:35	41.3
16 (46)	0:47	19	0:05	11.9	23:18	34	6:40	40.1
17 (47)	2:01	54	0:43	55.1	25:19	33	7:23	41.2
18 (48)	0:43	33	0:10	30.3	26:02	33	6:43	34.8
19 (49)	0:28	59	0:10	55.6	26:30	33	6:53	35.1
20 (50)	1:12	14	0:09	14.3	27:42	32	7:02	34.0
21 (51)	1:01	23	0:08	15.1	28:43	32	7:05	32.7
22 (52)	0:53	13	0:05	10.4	29:36	32	6:44	29.5
23 (53)	2:37	14	0:17	12.1	32:13	32	7:01	27.8
24 (54)	1:54	69	1:03	123.5	34:07	33	7:48	29.6
25 (55)	0:32	13	0:05	18.5	34:39	32	7:49	29.1
26 (56)	0:46	16	0:05	12.2	35:25	32	7:48	28.2
27 (57)	1:06	17	0:08	13.8	36:31	32	7:53	27.5
28 (100)	0:47	44	0:13	38.2	37:18	33	8:00	27.3
□□	0:20	44	0:05	33.3	37:38	33	8:03	27.2