



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Platais, Pauls

□□: Ozons

□□□: 43:15

□□□□: 6:56 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 52(of 73)

□□□□□□: 29:35

□□: 13:40

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:44	37	0:18	20.9	1:44	37	0:18	20.9
2 (32)	1:53	23	0:23	25.6	3:37	30	0:40	22.6
3 (33)	1:45	42	0:30	40.0	5:22	31	1:06	25.8
4 (34)	0:41	59	0:17	70.8	6:03	35	1:23	29.6
5 (35)	1:58	42	0:31	35.6	8:01	36	1:54	31.1
6 (36)	2:22	33	0:46	47.9	10:23	28	2:36	33.4
7 (37)	0:59	29	0:14	31.1	11:22	26	2:46	32.2
8 (38)	2:54	68	2:04	248.0	14:16	44	4:50	51.2
9 (39)	1:18	62	0:50	178.6	15:34	45	5:26	53.6
10 (40)	1:35	25	0:18	23.4	17:09	41	5:37	48.7
11 (41)	2:47	64	1:34	128.8	19:56	49	7:09	55.9
12 (42)	2:11	58	1:24	178.7	22:07	49	8:33	63.0
13 (43)	1:19	50	0:25	46.3	23:26	50	8:58	62.0
14 (44)	1:32	67	1:04	228.6	24:58	52	10:01	67.0
15 (45)	1:18	34	0:19	32.2	26:16	52	10:20	64.9
16 (46)	0:52	40	0:10	23.8	27:08	52	10:30	63.1
17 (47)	1:38	35	0:20	25.6	28:46	51	10:50	60.4
18 (48)	2:21	69	1:48	327.3	31:07	56	11:48	61.1
19 (49)	0:21	22	0:03	16.7	31:28	55	11:51	60.4
20 (50)	1:33	61	0:30	47.6	33:01	54	12:21	59.8
21 (51)	1:12	52	0:19	35.9	34:13	53	12:35	58.2
22 (52)	1:12	55	0:24	50.0	35:25	53	12:33	54.9
23 (53)	2:57	48	0:37	26.4	38:22	52	13:10	52.3
24 (54)	1:06	42	0:15	29.4	39:28	52	13:09	50.0
25 (55)	0:36	46	0:09	33.3	40:04	52	13:14	49.3
26 (56)	0:53	49	0:12	29.3	40:57	52	13:20	48.3
27 (57)	1:14	49	0:16	27.6	42:11	52	13:33	47.3
28 (100)	0:48	49	0:14	41.2	42:59	52	13:41	46.7
□□	0:16	4	0:01	6.7	43:15	52	13:40	46.2