



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Karlsons, Juris

□□: SILVA

□□□: 46:00

□□□□: 7:23 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 59(of 73)

□□□□□□: 29:35

□□: 16:25

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	2:24	63	0:58	67.4	2:24	63	0:58	67.4
2 (32)	1:55	28	0:25	27.8	4:19	53	1:22	46.3
3 (33)	3:58	68	2:43	217.3	8:17	63	4:01	94.1
4 (34)	0:31	24	0:07	29.2	8:48	63	4:08	88.6
5 (35)	2:03	51	0:36	41.4	10:51	63	4:44	77.4
6 (36)	2:39	43	1:03	65.6	13:30	58	5:43	73.5
7 (37)	2:27	62	1:42	226.7	15:57	59	7:21	85.5
8 (38)	1:21	60	0:31	62.0	17:18	59	7:52	83.4
9 (39)	0:31	11	0:03	10.7	17:49	57	7:41	75.8
10 (40)	1:42	39	0:25	32.5	19:31	54	7:59	69.2
11 (41)	1:32	36	0:19	26.0	21:03	51	8:16	64.7
12 (42)	3:37	63	2:50	361.7	24:40	59	11:06	81.8
13 (43)	1:50	59	0:56	103.7	26:30	59	12:02	83.2
14 (44)	0:46	52	0:18	64.3	27:16	59	12:19	82.4
15 (45)	1:46	65	0:47	79.7	29:02	59	13:06	82.2
16 (46)	0:53	42	0:11	26.2	29:55	59	13:17	79.9
17 (47)	1:52	48	0:34	43.6	31:47	58	13:51	77.2
18 (48)	0:49	47	0:16	48.5	32:36	58	13:17	68.8
19 (49)	0:27	56	0:09	50.0	33:03	58	13:26	68.5
20 (50)	1:32	58	0:29	46.0	34:35	56	13:55	67.3
21 (51)	1:16	57	0:23	43.4	35:51	56	14:13	65.7
22 (52)	1:25	67	0:37	77.1	37:16	58	14:24	63.0
23 (53)	3:11	57	0:51	36.4	40:27	58	15:15	60.5
24 (54)	1:10	48	0:19	37.3	41:37	58	15:18	58.1
25 (55)	0:36	46	0:09	33.3	42:13	58	15:23	57.3
26 (56)	0:55	55	0:14	34.2	43:08	58	15:31	56.2
27 (57)	1:47	66	0:49	84.5	44:55	59	16:17	56.9
28 (100)	0:50	59	0:16	47.1	45:45	59	16:27	56.1
□□	0:15	1	-	-	46:00	59	16:25	55.5