



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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**Bērziņš, Kristaps**

□□: Taka TOK

□□□: 47:13

□□□□: 7:34 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 62(of 73)

□□□□□□: 29:35

□□: 17:38

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:42	34	0:16	18.6	1:42	34	0:16	18.6
2 (32)	2:10	45	0:40	44.4	3:52	38	0:55	31.1
3 (33)	2:40	63	1:25	113.3	6:32	55	2:16	53.1
4 (34)	0:27	8	0:03	12.5	6:59	53	2:19	49.6
5 (35)	3:10	67	1:43	118.4	10:09	62	4:02	65.9
6 (36)	7:12	66	5:36	350.0	17:21	63	9:34	122.9
7 (37)	1:10	42	0:25	55.6	18:31	63	9:55	115.3
8 (38)	1:18	59	0:28	56.0	19:49	62	10:23	110.1
9 (39)	1:08	57	0:40	142.9	20:57	62	10:49	106.7
10 (40)	1:35	25	0:18	23.4	22:32	61	11:00	95.4
11 (41)	1:48	54	0:35	48.0	24:20	61	11:33	90.4
12 (42)	5:31	68	4:44	604.3	29:51	64	16:17	120.0
13 (43)	1:15	47	0:21	38.9	31:06	64	16:38	115.0
14 (44)	0:49	58	0:21	75.0	31:55	64	16:58	113.5
15 (45)	1:27	53	0:28	47.5	33:22	64	17:26	109.4
16 (46)	1:05	57	0:23	54.8	34:27	63	17:49	107.1
17 (47)	1:30	16	0:12	15.4	35:57	63	18:01	100.5
18 (48)	0:44	36	0:11	33.3	36:41	63	17:22	89.9
19 (49)	0:27	56	0:09	50.0	37:08	63	17:31	89.3
20 (50)	1:17	29	0:14	22.2	38:25	63	17:45	85.9
21 (51)	0:59	19	0:06	11.3	39:24	63	17:46	82.1
22 (52)	0:54	17	0:06	12.5	40:18	63	17:26	76.2
23 (53)	2:37	14	0:17	12.1	42:55	63	17:43	70.3
24 (54)	1:00	18	0:09	17.7	43:55	63	17:36	66.9
25 (55)	0:32	13	0:05	18.5	44:27	63	17:37	65.7
26 (56)	0:44	5	0:03	7.3	45:11	63	17:34	63.6
27 (57)	1:05	14	0:07	12.1	46:16	62	17:38	61.6
28 (100)	0:40	10	0:06	17.7	46:56	62	17:38	60.2
□□	0:17	13	0:02	13.3	47:13	62	17:38	59.6