



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Seilis, Oskars

□□: Auseklis IK

□□□: 45:27

□□□□: 8:24 min/km

□□: 5.41 km / 26 □□

□□□□:

Men -21A

□□□□□: 12(of 27)

□□□□□□: 32:35

□□: 12:52

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	1:55	13	0:23	25.0	1:55	13	0:23	25.0
2 (82)	0:42	15	0:11	35.5	2:37	13	0:31	24.6
3 (83)	3:24	18	1:10	52.2	6:01	16	1:29	32.7
4 (84)	1:08	5	0:12	21.4	7:09	12	1:41	30.8
5 (85)	1:19	8	0:15	23.4	8:28	9	1:56	29.6
6 (86)	1:19	6	0:12	17.9	9:47	7	2:08	27.9
7 (87)	1:21	8	0:13	19.1	11:08	7	2:21	26.8
8 (88)	3:16	20	1:22	71.9	14:24	10	3:34	32.9
9 (89)	1:42	12	0:14	15.9	16:06	9	3:48	30.9
10 (90)	1:46	8	0:23	27.7	17:52	8	4:11	30.6
11 (91)	4:44	16	1:56	69.1	22:36	9	6:05	36.8
12 (92)	1:34	21	0:32	51.6	24:10	11	6:37	37.7
13 (93)	1:24	13	0:17	25.4	25:34	10	6:54	37.0
14 (94)	1:27	12	0:22	33.9	27:01	10	7:05	35.5
15 (95)	1:37	21	0:34	54.0	28:38	10	7:31	35.6
16 (96)	1:41	14	0:16	18.8	30:19	9	7:45	34.3
17 (97)	1:47	17	0:35	48.6	32:06	10	8:19	35.0
18 (98)	1:00	16	0:17	39.5	33:06	10	8:35	35.0
19 (99)	0:46	10	0:08	21.1	33:52	10	8:41	34.5
20 (101)	2:27	20	0:24	19.5	36:19	10	9:00	33.0
21 (78)	1:16	24	0:31	68.9	37:35	12	9:28	33.7
22 (53)	0:37	6	0:02	5.7	38:12	11	9:30	33.1
23 (102)	1:30	22	0:37	69.8	39:42	12	10:06	34.1
24 (103)	3:58	20	2:35	186.8	43:40	12	12:31	40.2
25 (104)	0:51	12	0:10	24.4	44:31	12	12:38	39.6
26 (100)	0:32	13	0:07	28.0	45:03	12	12:45	39.5
□□	0:24	24	0:08	50.0	45:27	12	12:52	39.5