



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Jansons, Jānis

□□: Ind.

□□□: 34:31

□□□□: 7:53 min/km

□□: 4.37 km / 17 □□

□□□□:

Men -21B

□□□□□: 4(of 16)

□□□□□□: 30:04

□□: 4:27

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	2:55	8	0:49	38.9	2:55	8	0:49	38.9
2 (82)	1:29	4	0:18	25.4	4:24	6	1:02	30.7
3 (89)	3:20	4	0:35	21.2	7:44	3	0:29	6.7
4 (110)	2:04	4	0:25	25.3	9:48	1	-	-
5 (95)	2:15	7	0:39	40.6	12:03	2	0:12	1.7
6 (112)	3:32	14	1:49	105.8	15:35	6	1:47	12.9
7 (94)	1:29	4	0:07	8.5	17:04	5	1:37	10.5
8 (92)	2:10	6	0:37	39.8	19:14	5	1:33	8.8
9 (116)	2:22	5	0:30	26.8	21:36	4	1:53	9.6
10 (98)	1:38	4	0:11	12.6	23:14	4	1:47	8.3
11 (137)	1:56	3	0:31	36.5	25:10	4	1:53	8.1
12 (78)	2:41	6	0:49	43.8	27:51	4	2:42	10.7
13 (53)	0:46	8	0:07	18.0	28:37	4	2:46	10.7
14 (126)	1:30	8	0:36	66.7	30:07	4	3:22	12.6
15 (121)	1:38	5	0:25	34.3	31:45	4	3:47	13.5
16 (122)	1:25	7	0:27	46.6	33:10	4	4:14	14.6
17 (100)	0:55	6	0:08	17.0	34:05	4	4:18	14.4
□□	0:26	11	0:09	52.9	34:31	4	4:27	14.8