



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Kukks, Jānis

□□: Ind.

□□□: 39:24

□□□□: 7:16 min/km

□□: 5.41 km / 26 □□

□□□□:

Men 35-

□□□□□: 5(of 33)

□□□□□□□: 35:14

□□: 4:10

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	1:50	8	0:09	8.9	1:50	8	0:09	8.9
2 (82)	0:44	16	0:12	37.5	2:34	6	0:17	12.4
3 (83)	3:57	22	1:43	76.9	6:31	14	1:34	31.7
4 (84)	1:13	15	0:18	32.7	7:44	13	1:45	29.3
5 (85)	2:07	27	1:05	104.8	9:51	12	2:40	37.1
6 (86)	1:19	5	0:17	27.4	11:10	10	2:52	34.5
7 (87)	1:02	1	-	-	12:12	8	2:48	29.8
8 (88)	2:06	4	0:10	8.6	14:18	7	2:39	22.8
9 (89)	3:09	31	1:45	125.0	17:27	13	4:19	32.9
10 (90)	1:49	3	0:02	1.9	19:16	11	4:15	28.3
11 (91)	2:59	12	0:35	24.3	22:15	11	4:30	25.4
12 (92)	1:18	5	0:07	9.9	23:33	9	4:30	23.6
13 (93)	1:21	7	0:13	19.1	24:54	10	4:28	21.9
14 (94)	1:11	4	0:05	7.6	26:05	8	4:22	20.1
15 (95)	1:24	9	0:27	47.4	27:29	7	4:33	19.8
16 (96)	1:35	4	0:14	17.3	29:04	7	4:15	17.1
17 (97)	1:11	1	-	-	30:15	7	4:13	16.2
18 (98)	0:48	8	0:05	11.6	31:03	7	4:12	15.6
19 (99)	0:44	5	0:06	15.8	31:47	7	4:11	15.2
20 (101)	2:00	1	-	-	33:47	6	4:02	13.6
21 (78)	0:48	4	0:05	11.6	34:35	6	4:02	13.2
22 (53)	0:35	4	0:01	2.9	35:10	5	4:01	12.9
23 (102)	1:07	18	0:18	36.7	36:17	5	4:12	13.1
24 (103)	1:18	1	-	-	37:35	5	3:59	11.9
25 (104)	0:53	9	0:07	15.2	38:28	5	4:04	11.8
26 (100)	0:32	16	0:07	28.0	39:00	5	4:06	11.8
□□	0:24	27	0:07	41.2	39:24	5	4:10	11.8