



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Valtass, Ivars

□□: Saldus OK

□□□: 32:24

□□□□: 6:02 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 3(of 47)

□□□□□□: 30:19

□□: 2:05

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	□□	-	-	%	□□	-	-	%
1 (105)	1:36	5	0:05	5.5	1:36	5	0:05	5.5
2 (130)	0:28	7	0:06	27.3	2:04	5	0:04	3.3
3 (81)	1:44	13	0:20	23.8	3:48	6	0:23	11.2
4 (134)	0:59	9	0:08	15.7	4:47	5	0:31	12.1
5 (107)	2:22	6	0:20	16.4	7:09	3	0:45	11.7
6 (88)	2:32	33	1:13	92.4	9:41	12	1:58	25.5
7 (111)	0:48	1	-	-	10:29	10	1:57	22.9
8 (108)	1:33	2	0:01	1.1	12:02	7	1:58	19.5
9 (129)	0:43	1	-	-	12:45	6	1:58	18.2
10 (91)	2:57	5	0:08	4.7	15:42	5	2:02	14.9
11 (94)	0:59	26	0:17	40.5	16:41	5	1:56	13.1
12 (112)	1:11	3	0:05	7.6	17:52	5	2:01	12.7
13 (90)	0:49	1	-	-	18:41	4	1:57	11.7
14 (125)	0:34	8	0:07	25.9	19:15	4	1:58	11.4
15 (92)	3:11	11	0:27	16.5	22:26	5	2:08	10.5
16 (133)	1:36	1	-	-	24:02	3	2:06	9.6
17 (117)	0:57	2	0:01	1.8	24:59	3	2:01	8.8
18 (98)	0:40	1	-	-	25:39	3	2:01	8.5
19 (128)	2:30	1	-	-	28:09	3	1:58	7.5
20 (78)	0:17	3	0:01	6.3	28:26	3	1:58	7.4
21 (53)	0:33	1	-	-	28:59	3	1:58	7.3
22 (121)	1:10	2	0:02	2.9	30:09	3	1:58	7.0
23 (104)	1:24	4	0:04	5.0	31:33	3	2:02	6.9
24 (100)	0:31	19	0:06	24.0	32:04	3	2:05	7.0
□□	0:20	12	0:02	11.1	32:24	3	2:05	6.9