



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Saunorius, Dainoras

□□: SK IGTISA

□□□: 34:02

□□□□: 6:20 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 5(of 47)

□□□□□□: 30:19

□□: 3:43

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:58	17	0:27	29.7	1:58	17	0:27	29.7
2 (130)	0:30	13	0:08	36.4	2:28	12	0:28	23.3
3 (81)	1:32	4	0:08	9.5	4:00	7	0:35	17.1
4 (134)	1:07	22	0:16	31.4	5:07	7	0:51	19.9
5 (107)	2:43	21	0:41	33.6	7:50	9	1:26	22.4
6 (88)	1:29	6	0:10	12.7	9:19	8	1:36	20.7
7 (111)	0:54	7	0:06	12.5	10:13	8	1:41	19.7
8 (108)	1:39	6	0:07	7.6	11:52	5	1:48	17.9
9 (129)	0:44	3	0:01	2.3	12:36	5	1:49	16.9
10 (91)	2:56	4	0:07	4.1	15:32	3	1:52	13.7
11 (94)	0:47	3	0:05	11.9	16:19	3	1:34	10.6
12 (112)	1:15	9	0:09	13.6	17:34	3	1:43	10.8
13 (90)	0:57	6	0:08	16.3	18:31	3	1:47	10.7
14 (125)	0:40	26	0:13	48.2	19:11	3	1:54	11.0
15 (92)	3:06	8	0:22	13.4	22:17	3	1:59	9.8
16 (133)	2:02	11	0:26	27.1	24:19	5	2:23	10.9
17 (117)	1:16	23	0:20	35.7	25:35	5	2:37	11.4
18 (98)	1:01	40	0:21	52.5	26:36	5	2:58	12.6
19 (128)	2:53	13	0:23	15.3	29:29	5	3:18	12.6
20 (78)	0:19	17	0:03	18.8	29:48	5	3:20	12.6
21 (53)	0:41	16	0:08	24.2	30:29	5	3:28	12.8
22 (121)	1:17	8	0:09	13.2	31:46	5	3:35	12.7
23 (104)	1:26	8	0:06	7.5	33:12	5	3:41	12.5
24 (100)	0:29	10	0:04	16.0	33:41	5	3:42	12.3
□□	0:21	16	0:03	16.7	34:02	5	3:43	12.3