



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Mireckis, Andris

□□: Ziemeļkurzeme OK

□□□: 35:29

□□□□: 6:37 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 7(of 47)

□□□□□□: 30:19

□□: 5:10

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	□□	-	-	%	□□	-	-	%
1 (105)	1:36	5	0:05	5.5	1:36	5	0:05	5.5
2 (130)	0:31	16	0:09	40.9	2:07	6	0:07	5.8
3 (81)	1:35	5	0:11	13.1	3:42	4	0:17	8.3
4 (134)	0:56	5	0:05	9.8	4:38	4	0:22	8.6
5 (107)	2:48	27	0:46	37.7	7:26	5	1:02	16.2
6 (88)	1:32	10	0:13	16.5	8:58	4	1:15	16.2
7 (111)	0:58	16	0:10	20.8	9:56	4	1:24	16.4
8 (108)	1:41	7	0:09	9.8	11:37	4	1:33	15.4
9 (129)	0:46	8	0:03	7.0	12:23	4	1:36	14.8
10 (91)	4:24	31	1:35	56.2	16:47	7	3:07	22.8
11 (94)	0:48	6	0:06	14.3	17:35	7	2:50	19.2
12 (112)	1:11	3	0:05	7.6	18:46	7	2:55	18.4
13 (90)	2:45	44	1:56	236.7	21:31	13	4:47	28.6
14 (125)	0:27	1	-	-	21:58	11	4:41	27.1
15 (92)	2:54	3	0:10	6.1	24:52	10	4:34	22.5
16 (133)	1:49	3	0:13	13.5	26:41	10	4:45	21.7
17 (117)	1:03	8	0:07	12.5	27:44	10	4:46	20.8
18 (98)	0:46	13	0:06	15.0	28:30	10	4:52	20.6
19 (128)	2:42	6	0:12	8.0	31:12	8	5:01	19.2
20 (78)	0:18	7	0:02	12.5	31:30	8	5:02	19.0
21 (53)	0:34	5	0:01	3.0	32:04	7	5:03	18.7
22 (121)	1:15	5	0:07	10.3	33:19	7	5:08	18.2
23 (104)	1:23	2	0:03	3.8	34:42	7	5:11	17.6
24 (100)	0:29	10	0:04	16.0	35:11	7	5:12	17.3
□□	0:18	1	-	-	35:29	7	5:10	17.0