



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Grasis, Ingus

□□: Auseklis IK

□□□: 35:56

□□□□: 6:42 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 8(of 47)

□□□□□□: 30:19

□□: 5:37

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:00	19	0:29	31.9	2:00	19	0:29	31.9
2 (130)	0:33	20	0:11	50.0	2:33	17	0:33	27.5
3 (81)	1:55	21	0:31	36.9	4:28	13	1:03	30.7
4 (134)	1:00	12	0:09	17.7	5:28	13	1:12	28.1
5 (107)	2:35	15	0:33	27.1	8:03	12	1:39	25.8
6 (88)	1:36	16	0:17	21.5	9:39	11	1:56	25.1
7 (111)	0:59	19	0:11	22.9	10:38	12	2:06	24.6
8 (108)	2:03	16	0:31	33.7	12:41	8	2:37	26.0
9 (129)	0:50	17	0:07	16.3	13:31	9	2:44	25.4
10 (91)	3:34	19	0:45	26.6	17:05	9	3:25	25.0
11 (94)	1:14	40	0:32	76.2	18:19	10	3:34	24.2
12 (112)	1:26	25	0:20	30.3	19:45	11	3:54	24.6
13 (90)	1:00	8	0:11	22.5	20:45	9	4:01	24.0
14 (125)	0:34	8	0:07	25.9	21:19	9	4:02	23.3
15 (92)	3:27	18	0:43	26.2	24:46	9	4:28	22.0
16 (133)	1:52	6	0:16	16.7	26:38	9	4:42	21.4
17 (117)	1:05	13	0:09	16.1	27:43	9	4:45	20.7
18 (98)	0:46	13	0:06	15.0	28:29	9	4:51	20.5
19 (128)	2:53	13	0:23	15.3	31:22	10	5:11	19.8
20 (78)	0:18	7	0:02	12.5	31:40	10	5:12	19.7
21 (53)	0:36	6	0:03	9.1	32:16	10	5:15	19.4
22 (121)	1:15	5	0:07	10.3	33:31	8	5:20	18.9
23 (104)	1:38	22	0:18	22.5	35:09	8	5:38	19.1
24 (100)	0:27	3	0:02	8.0	35:36	8	5:37	18.7
□□	0:20	12	0:02	11.1	35:56	8	5:37	18.5