



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Ikaunieks, Gunārs

□□: Madonas BJSS/OK Arona

□□□: 37:03

□□□□: 6:54 min/km

□□: 5.36 km / 24 □□

□□□□:
Men 40-

□□□□□: 12(of 47)

□□□□□□: 30:19

□□: 6:44

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:56	16	0:25	27.5	1:56	16	0:25	27.5
2 (130)	0:35	23	0:13	59.1	2:31	14	0:31	25.8
3 (81)	1:39	11	0:15	17.9	4:10	12	0:45	22.0
4 (134)	1:06	21	0:15	29.4	5:16	11	1:00	23.4
5 (107)	2:25	10	0:23	18.9	7:41	8	1:17	20.1
6 (88)	1:28	5	0:09	11.4	9:09	7	1:26	18.6
7 (111)	0:56	12	0:08	16.7	10:05	6	1:33	18.2
8 (108)	1:54	12	0:22	23.9	11:59	6	1:55	19.0
9 (129)	0:51	19	0:08	18.6	12:50	7	2:03	19.0
10 (91)	3:31	17	0:42	24.9	16:21	6	2:41	19.6
11 (94)	0:52	11	0:10	23.8	17:13	6	2:28	16.7
12 (112)	1:23	22	0:17	25.8	18:36	6	2:45	17.4
13 (90)	1:17	31	0:28	57.1	19:53	6	3:09	18.8
14 (125)	0:43	33	0:16	59.3	20:36	6	3:19	19.2
15 (92)	3:35	25	0:51	31.1	24:11	7	3:53	19.1
16 (133)	2:09	18	0:33	34.4	26:20	8	4:24	20.1
17 (117)	1:13	22	0:17	30.4	27:33	8	4:35	20.0
18 (98)	0:50	23	0:10	25.0	28:23	8	4:45	20.1
19 (128)	3:27	28	0:57	38.0	31:50	11	5:39	21.6
20 (78)	0:19	17	0:03	18.8	32:09	11	5:41	21.5
21 (53)	0:46	31	0:13	39.4	32:55	11	5:54	21.8
22 (121)	1:28	18	0:20	29.4	34:23	11	6:12	22.0
23 (104)	1:41	27	0:21	26.3	36:04	12	6:33	22.2
24 (100)	0:38	38	0:13	52.0	36:42	12	6:43	22.4
□□	0:21	16	0:03	16.7	37:03	12	6:44	22.2