



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Zandersons, Andris

□□: Ind.

□□□: 37:36

□□□□: 7:00 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 14(of 47)

□□□□□□: 30:19

□□: 7:17

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:46	9	0:15	16.5	1:46	9	0:15	16.5
2 (130)	0:31	16	0:09	40.9	2:17	7	0:17	14.2
3 (81)	1:48	17	0:24	28.6	4:05	9	0:40	19.5
4 (134)	1:00	12	0:09	17.7	5:05	6	0:49	19.1
5 (107)	2:24	8	0:22	18.0	7:29	6	1:05	16.9
6 (88)	1:34	14	0:15	19.0	9:03	5	1:20	17.3
7 (111)	0:55	11	0:07	14.6	9:58	5	1:26	16.8
8 (108)	3:53	37	2:21	153.3	13:51	16	3:47	37.6
9 (129)	0:46	8	0:03	7.0	14:37	15	3:50	35.6
10 (91)	3:28	12	0:39	23.1	18:05	14	4:25	32.3
11 (94)	0:52	11	0:10	23.8	18:57	14	4:12	28.5
12 (112)	1:21	19	0:15	22.7	20:18	13	4:27	28.1
13 (90)	1:01	10	0:12	24.5	21:19	12	4:35	27.4
14 (125)	0:40	26	0:13	48.2	21:59	12	4:42	27.2
15 (92)	3:27	18	0:43	26.2	25:26	13	5:08	25.3
16 (133)	2:12	22	0:36	37.5	27:38	13	5:42	26.0
17 (117)	1:11	17	0:15	26.8	28:49	13	5:51	25.5
18 (98)	0:44	9	0:04	10.0	29:33	13	5:55	25.0
19 (128)	2:55	16	0:25	16.7	32:28	13	6:17	24.0
20 (78)	0:19	17	0:03	18.8	32:47	13	6:19	23.9
21 (53)	0:40	14	0:07	21.2	33:27	14	6:26	23.8
22 (121)	1:17	8	0:09	13.2	34:44	13	6:33	23.2
23 (104)	2:00	37	0:40	50.0	36:44	14	7:13	24.5
24 (100)	0:33	23	0:08	32.0	37:17	14	7:18	24.4
□□	0:19	8	0:01	5.6	37:36	14	7:17	24.0