



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Lepiksons, Alvis

□□: Auseklis IK

□□□: 39:08

□□□□: 7:18 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 17(of 47)

□□□□□□: 30:19

□□: 8:49

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:55	15	0:24	26.4	1:55	15	0:24	26.4
2 (130)	0:37	28	0:15	68.2	2:32	15	0:32	26.7
3 (81)	1:56	23	0:32	38.1	4:28	13	1:03	30.7
4 (134)	1:14	27	0:23	45.1	5:42	17	1:26	33.6
5 (107)	3:01	29	0:59	48.4	8:43	20	2:19	36.2
6 (88)	2:33	34	1:14	93.7	11:16	21	3:33	46.0
7 (111)	0:54	7	0:06	12.5	12:10	21	3:38	42.6
8 (108)	2:01	15	0:29	31.5	14:11	19	4:07	40.9
9 (129)	0:46	8	0:03	7.0	14:57	18	4:10	38.6
10 (91)	3:28	12	0:39	23.1	18:25	15	4:45	34.8
11 (94)	0:53	15	0:11	26.2	19:18	15	4:33	30.9
12 (112)	1:24	23	0:18	27.3	20:42	15	4:51	30.6
13 (90)	1:13	25	0:24	49.0	21:55	16	5:11	31.0
14 (125)	0:40	26	0:13	48.2	22:35	16	5:18	30.7
15 (92)	3:35	25	0:51	31.1	26:10	16	5:52	28.9
16 (133)	2:13	24	0:37	38.5	28:23	16	6:27	29.4
17 (117)	1:12	19	0:16	28.6	29:35	16	6:37	28.8
18 (98)	0:49	20	0:09	22.5	30:24	16	6:46	28.6
19 (128)	3:27	28	0:57	38.0	33:51	17	7:40	29.3
20 (78)	0:21	29	0:05	31.3	34:12	17	7:44	29.2
21 (53)	0:46	31	0:13	39.4	34:58	17	7:57	29.4
22 (121)	1:27	16	0:19	27.9	36:25	17	8:14	29.2
23 (104)	1:41	27	0:21	26.3	38:06	17	8:35	29.1
24 (100)	0:38	38	0:13	52.0	38:44	17	8:45	29.2
□□	0:24	29	0:06	33.3	39:08	17	8:49	29.1