



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Katarskis, Aidas

□□: SK IGTISA

□□□: 39:59

□□□□: 7:27 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 20(of 47)

□□□□□□: 30:19

□□: 9:40

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:40	8	0:09	9.9	1:40	8	0:09	9.9
2 (130)	1:21	39	0:59	268.2	3:01	27	1:01	50.8
3 (81)	1:36	7	0:12	14.3	4:37	17	1:12	35.1
4 (134)	0:57	6	0:06	11.8	5:34	15	1:18	30.5
5 (107)	7:41	43	5:39	277.9	13:15	38	6:51	107.0
6 (88)	1:53	24	0:34	43.0	15:08	35	7:25	96.1
7 (111)	1:07	30	0:19	39.6	16:15	35	7:43	90.4
8 (108)	1:33	2	0:01	1.1	17:48	31	7:44	76.8
9 (129)	0:46	8	0:03	7.0	18:34	31	7:47	72.2
10 (91)	3:00	6	0:11	6.5	21:34	28	7:54	57.8
11 (94)	0:49	7	0:07	16.7	22:23	27	7:38	51.8
12 (112)	1:17	12	0:11	16.7	23:40	26	7:49	49.3
13 (90)	0:54	5	0:05	10.2	24:34	24	7:50	46.8
14 (125)	0:32	4	0:05	18.5	25:06	24	7:49	45.2
15 (92)	3:14	12	0:30	18.3	28:20	23	8:02	39.6
16 (133)	2:01	9	0:25	26.0	30:21	21	8:25	38.4
17 (117)	1:16	23	0:20	35.7	31:37	21	8:39	37.7
18 (98)	1:03	41	0:23	57.5	32:40	21	9:02	38.2
19 (128)	2:48	11	0:18	12.0	35:28	21	9:17	35.5
20 (78)	0:18	7	0:02	12.5	35:46	21	9:18	35.1
21 (53)	0:42	20	0:09	27.3	36:28	21	9:27	35.0
22 (121)	1:17	8	0:09	13.2	37:45	20	9:34	33.9
23 (104)	1:25	6	0:05	6.3	39:10	20	9:39	32.7
24 (100)	0:29	10	0:04	16.0	39:39	20	9:40	32.2
□□	0:20	12	0:02	11.1	39:59	20	9:40	31.9