



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Polis, Guntars

□□: Auseklis IK

□□□: 43:50

□□□□: 8:10 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 28(of 47)

□□□□□□: 30:19

□□: 13:31

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:58	17	0:27	29.7	1:58	17	0:27	29.7
2 (130)	0:34	21	0:12	54.6	2:32	15	0:32	26.7
3 (81)	2:09	28	0:45	53.6	4:41	20	1:16	37.1
4 (134)	1:16	32	0:25	49.0	5:57	21	1:41	39.5
5 (107)	2:45	23	0:43	35.3	8:42	19	2:18	35.9
6 (88)	3:39	38	2:20	177.2	12:21	27	4:38	60.0
7 (111)	1:03	25	0:15	31.3	13:24	27	4:52	57.0
8 (108)	2:00	14	0:28	30.4	15:24	24	5:20	53.0
9 (129)	1:02	36	0:19	44.2	16:26	27	5:39	52.4
10 (91)	3:53	25	1:04	37.9	20:19	26	6:39	48.7
11 (94)	2:08	44	1:26	204.8	22:27	28	7:42	52.2
12 (112)	1:48	36	0:42	63.6	24:15	27	8:24	53.0
13 (90)	1:07	17	0:18	36.7	25:22	27	8:38	51.6
14 (125)	1:01	39	0:34	125.9	26:23	28	9:06	52.7
15 (92)	4:25	38	1:41	61.6	30:48	30	10:30	51.7
16 (133)	2:12	22	0:36	37.5	33:00	30	11:04	50.5
17 (117)	1:16	23	0:20	35.7	34:16	29	11:18	49.2
18 (98)	0:49	20	0:09	22.5	35:05	29	11:27	48.5
19 (128)	3:24	26	0:54	36.0	38:29	29	12:18	47.0
20 (78)	0:21	29	0:05	31.3	38:50	29	12:22	46.7
21 (53)	0:47	36	0:14	42.4	39:37	29	12:36	46.6
22 (121)	1:28	18	0:20	29.4	41:05	28	12:54	45.8
23 (104)	1:42	30	0:22	27.5	42:47	28	13:16	45.0
24 (100)	0:37	33	0:12	48.0	43:24	28	13:25	44.8
□□	0:26	36	0:08	44.4	43:50	28	13:31	44.6