



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Mats, Alvis

□□: Madonas BJSS/OK Arona

□□□: 49:18

□□□□: 9:11 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 35(of 47)

□□□□□□: 30:19

□□: 18:59

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:32	33	1:01	67.0	2:32	33	1:01	67.0
2 (130)	0:40	33	0:18	81.8	3:12	32	1:12	60.0
3 (81)	1:31	3	0:07	8.3	4:43	21	1:18	38.1
4 (134)	0:54	2	0:03	5.9	5:37	16	1:21	31.6
5 (107)	5:21	41	3:19	163.1	10:58	30	4:34	71.4
6 (88)	4:42	42	3:23	257.0	15:40	37	7:57	103.0
7 (111)	0:52	5	0:04	8.3	16:32	37	8:00	93.8
8 (108)	1:35	4	0:03	3.3	18:07	32	8:03	80.0
9 (129)	0:46	8	0:03	7.0	18:53	32	8:06	75.1
10 (91)	3:12	7	0:23	13.6	22:05	30	8:25	61.6
11 (94)	0:47	3	0:05	11.9	22:52	29	8:07	55.0
12 (112)	2:25	42	1:19	119.7	25:17	32	9:26	59.5
13 (90)	0:57	6	0:08	16.3	26:14	31	9:30	56.8
14 (125)	1:12	41	0:45	166.7	27:26	32	10:09	58.7
15 (92)	3:56	34	1:12	43.9	31:22	32	11:04	54.5
16 (133)	7:18	43	5:42	356.3	38:40	35	16:44	76.3
17 (117)	1:18	28	0:22	39.3	39:58	35	17:00	74.0
18 (98)	0:54	29	0:14	35.0	40:52	35	17:14	72.9
19 (128)	3:38	35	1:08	45.3	44:30	35	18:19	70.0
20 (78)	0:18	7	0:02	12.5	44:48	35	18:20	69.3
21 (53)	0:36	6	0:03	9.1	45:24	35	18:23	68.0
22 (121)	1:19	11	0:11	16.2	46:43	35	18:32	65.8
23 (104)	1:32	14	0:12	15.0	48:15	35	18:44	63.5
24 (100)	0:36	30	0:11	44.0	48:51	35	18:52	62.9
□□	0:27	40	0:09	50.0	49:18	35	18:59	62.6