



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Vaidakovs, Juris

□□: Ziemeļkurzeme OK

□□□: 57:23

□□□□: 10:42 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 40(of 47)

□□□□□□: 30:19

□□: 27:04

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:29	31	0:58	63.7	2:29	31	0:58	63.7
2 (130)	5:33	44	5:11	1,413.6	8:02	44	6:02	301.7
3 (81)	4:18	40	2:54	207.1	12:20	44	8:55	261.0
4 (134)	1:16	32	0:25	49.0	13:36	44	9:20	218.8
5 (107)	3:14	32	1:12	59.0	16:50	42	10:26	163.0
6 (88)	2:02	26	0:43	54.4	18:52	41	11:09	144.5
7 (111)	1:08	32	0:20	41.7	20:00	41	11:28	134.4
8 (108)	7:42	43	6:10	402.2	27:42	42	17:38	175.2
9 (129)	0:59	32	0:16	37.2	28:41	42	17:54	166.0
10 (91)	5:08	38	2:19	82.3	33:49	41	20:09	147.4
11 (94)	1:08	33	0:26	61.9	34:57	41	20:12	137.0
12 (112)	1:41	34	0:35	53.0	36:38	41	20:47	131.1
13 (90)	1:19	33	0:30	61.2	37:57	41	21:13	126.8
14 (125)	0:39	24	0:12	44.4	38:36	41	21:19	123.3
15 (92)	3:38	28	0:54	32.9	42:14	41	21:56	108.1
16 (133)	2:39	30	1:03	65.6	44:53	40	22:57	104.6
17 (117)	1:33	36	0:37	66.1	46:26	40	23:28	102.2
18 (98)	0:53	26	0:13	32.5	47:19	40	23:41	100.2
19 (128)	3:30	31	1:00	40.0	50:49	39	24:38	94.1
20 (78)	0:24	39	0:08	50.0	51:13	39	24:45	93.5
21 (53)	0:52	40	0:19	57.6	52:05	39	25:04	92.8
22 (121)	2:00	38	0:52	76.5	54:05	39	25:54	91.9
23 (104)	2:13	40	0:53	66.3	56:18	40	26:47	90.7
24 (100)	0:37	33	0:12	48.0	56:55	40	26:56	89.8
□□	0:28	43	0:10	55.6	57:23	40	27:04	89.3