



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Cers, Kaspars

□□: Ind.

□□□: 1:21:48

□□□□: 15:15 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 43(of 47)

□□□□□□: 30:19

□□: 51:29

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:33	34	1:02	68.1	2:33	34	1:02	68.1
2 (130)	0:35	23	0:13	59.1	3:08	30	1:08	56.7
3 (81)	5:16	43	3:52	276.2	8:24	40	4:59	145.9
4 (134)	1:26	38	0:35	68.6	9:50	40	5:34	130.5
5 (107)	3:39	35	1:37	79.5	13:29	39	7:05	110.7
6 (88)	4:34	40	3:15	246.8	18:03	40	10:20	133.9
7 (111)	1:13	35	0:25	52.1	19:16	40	10:44	125.8
8 (108)	17:14	44	15:42	1,023.9	36:30	43	26:26	262.6
9 (129)	1:05	38	0:22	51.2	37:35	43	26:48	248.5
10 (91)	13:49	42	11:00	390.5	51:24	43	37:44	276.1
11 (94)	0:52	11	0:10	23.8	52:16	43	37:31	254.4
12 (112)	1:31	31	0:25	37.9	53:47	43	37:56	239.3
13 (90)	1:10	21	0:21	42.9	54:57	43	38:13	228.4
14 (125)	0:40	26	0:13	48.2	55:37	43	38:20	221.8
15 (92)	8:16	43	5:32	202.4	1:03:53	43	43:35	214.7
16 (133)	2:56	33	1:20	83.3	1:06:49	43	44:53	204.6
17 (117)	3:48	43	2:52	307.1	1:10:37	43	47:39	207.5
18 (98)	1:00	39	0:20	50.0	1:11:37	43	47:59	203.0
19 (128)	3:43	37	1:13	48.7	1:15:20	43	49:09	187.7
20 (78)	0:23	37	0:07	43.8	1:15:43	43	49:15	186.1
21 (53)	0:47	36	0:14	42.4	1:16:30	43	49:29	183.2
22 (121)	1:46	35	0:38	55.9	1:18:16	43	50:05	177.7
23 (104)	2:29	41	1:09	86.3	1:20:45	43	51:14	173.6
24 (100)	0:36	30	0:11	44.0	1:21:21	43	51:22	171.3
□□	0:27	40	0:09	50.0	1:21:48	43	51:29	169.8