



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Intsons, Valdis

□□: Zala paparde

□□□: 1:29:38

□□□□: 16:43 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 44(of 47)

□□□□□□: 30:19

□□: 59:19

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:49	38	1:18	85.7	2:49	38	1:18	85.7
2 (130)	1:35	40	1:13	331.8	4:24	39	2:24	120.0
3 (81)	2:16	31	0:52	61.9	6:40	34	3:15	95.1
4 (134)	2:17	43	1:26	168.6	8:57	38	4:41	109.8
5 (107)	15:58	44	13:56	685.3	24:55	44	18:31	289.3
6 (88)	4:41	41	3:22	255.7	29:36	44	21:53	283.6
7 (111)	9:54	44	9:06	1,137.5	39:30	44	30:58	362.9
8 (108)	5:16	41	3:44	243.5	44:46	44	34:42	344.7
9 (129)	4:57	44	4:14	590.7	49:43	44	38:56	361.1
10 (91)	5:30	40	2:41	95.3	55:13	44	41:33	304.0
11 (94)	1:05	30	0:23	54.8	56:18	44	41:33	281.7
12 (112)	1:45	35	0:39	59.1	58:03	44	42:12	266.3
13 (90)	1:40	42	0:51	104.1	59:43	44	42:59	256.9
14 (125)	1:17	42	0:50	185.2	1:01:00	44	43:43	252.9
15 (92)	5:12	40	2:28	90.2	1:06:12	44	45:54	226.1
16 (133)	7:27	44	5:51	365.6	1:13:39	44	51:43	235.8
17 (117)	1:26	33	0:30	53.6	1:15:05	44	52:07	226.9
18 (98)	1:44	44	1:04	160.0	1:16:49	44	53:11	225.0
19 (128)	5:05	44	2:35	103.3	1:21:54	44	55:43	212.8
20 (78)	0:24	39	0:08	50.0	1:22:18	44	55:50	211.0
21 (53)	1:00	43	0:27	81.8	1:23:18	44	56:17	208.3
22 (121)	2:02	40	0:54	79.4	1:25:20	44	57:09	202.8
23 (104)	3:03	44	1:43	128.8	1:28:23	44	58:52	199.4
24 (100)	0:44	43	0:19	76.0	1:29:07	44	59:08	197.2
□□	0:31	44	0:13	72.2	1:29:38	44	59:19	195.7