



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Grasis, Arnis

□□: Auseklis IK

□□□: 34:20

□□□□: 6:24 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 2(of 38)

□□□□□□: 32:38

□□: 1:42

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:01	11	0:20	19.8	2:01	11	0:20	19.8
2 (130)	0:31	9	0:07	29.2	2:32	9	0:17	12.6
3 (81)	1:47	5	0:19	21.6	4:19	7	0:36	16.1
4 (134)	1:05	6	0:12	22.6	5:24	6	0:47	17.0
5 (107)	2:25	3	0:12	9.0	7:49	5	0:34	7.8
6 (88)	1:46	13	0:24	29.3	9:35	4	0:40	7.5
7 (111)	0:55	2	0:01	1.9	10:30	3	0:31	5.2
8 (108)	1:48	3	0:10	10.2	12:18	3	0:41	5.9
9 (129)	0:47	1	-	-	13:05	3	0:35	4.7
10 (91)	2:55	1	-	-	16:00	2	0:25	2.7
11 (94)	0:46	1	-	-	16:46	2	0:18	1.8
12 (112)	1:23	7	0:09	12.2	18:09	2	0:27	2.5
13 (90)	1:00	2	0:07	13.2	19:09	2	0:27	2.4
14 (125)	0:36	4	0:06	20.0	19:45	2	0:33	2.9
15 (92)	3:01	2	0:08	4.6	22:46	2	0:41	3.1
16 (133)	2:23	17	0:37	34.9	25:09	2	1:18	5.5
17 (117)	1:03	3	0:02	3.3	26:12	2	1:20	5.4
18 (98)	0:43	2	0:03	7.5	26:55	2	1:23	5.4
19 (128)	2:50	2	0:04	2.4	29:45	2	1:17	4.5
20 (78)	0:17	3	0:03	21.4	30:02	2	1:18	4.5
21 (53)	0:37	3	0:01	2.8	30:39	2	1:18	4.4
22 (121)	1:15	2	0:05	7.1	31:54	2	1:23	4.5
23 (104)	1:35	5	0:16	20.3	33:29	2	1:39	5.2
24 (100)	0:28	2	0:01	3.7	33:57	2	1:40	5.2
□□	0:23	8	0:05	27.8	34:20	2	1:42	5.2