



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Zērnis, Oskars

□□: Saldus OK

□□□: 37:06

□□□□: 6:55 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 4(of 38)

□□□□□□: 32:38

□□: 4:28

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	□□	-	-	%	□□	-	-	%
1 (105)	1:44	4	0:03	3.0	1:44	4	0:03	3.0
2 (130)	0:31	9	0:07	29.2	2:15	1	-	-
3 (81)	1:28	1	-	-	3:43	1	-	-
4 (134)	0:54	2	0:01	1.9	4:37	1	-	-
5 (107)	2:44	10	0:31	23.3	7:21	2	0:06	1.4
6 (88)	1:34	7	0:12	14.6	8:55	1	-	-
7 (111)	3:15	30	2:21	261.1	12:10	7	2:11	21.9
8 (108)	1:45	2	0:07	7.1	13:55	7	2:18	19.8
9 (129)	0:49	4	0:02	4.3	14:44	7	2:14	17.9
10 (91)	3:13	5	0:18	10.3	17:57	5	2:22	15.2
11 (94)	0:51	6	0:05	10.9	18:48	5	2:20	14.2
12 (112)	1:15	3	0:01	1.4	20:03	4	2:21	13.3
13 (90)	1:10	15	0:17	32.1	21:13	4	2:31	13.5
14 (125)	0:35	2	0:05	16.7	21:48	4	2:36	13.5
15 (92)	3:18	5	0:25	14.5	25:06	4	3:01	13.7
16 (133)	2:01	5	0:15	14.2	27:07	3	3:16	13.7
17 (117)	1:04	4	0:03	4.9	28:11	3	3:19	13.3
18 (98)	0:46	5	0:06	15.0	28:57	3	3:25	13.4
19 (128)	3:03	9	0:17	10.2	32:00	3	3:32	12.4
20 (78)	0:18	5	0:04	28.6	32:18	3	3:34	12.4
21 (53)	0:40	10	0:04	11.1	32:58	3	3:37	12.3
22 (121)	1:43	23	0:33	47.1	34:41	4	4:10	13.7
23 (104)	1:34	4	0:15	19.0	36:15	4	4:25	13.9
24 (100)	0:32	5	0:05	18.5	36:47	4	4:30	13.9
□□	0:19	2	0:01	5.6	37:06	4	4:28	13.7