



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Šolmanis, Egons

□□: Auseklis IK

□□□: 43:13

□□□□: 8:03 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 8(of 38)

□□□□□□: 32:38

□□: 10:35

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	3:45	27	2:04	122.8	3:45	27	2:04	122.8
2 (130)	0:30	7	0:06	25.0	4:15	27	2:00	88.9
3 (81)	2:19	20	0:51	58.0	6:34	23	2:51	76.7
4 (134)	1:49	27	0:56	105.7	8:23	24	3:46	81.6
5 (107)	2:52	13	0:39	29.3	11:15	17	4:00	55.2
6 (88)	1:31	3	0:09	11.0	12:46	15	3:51	43.2
7 (111)	1:08	12	0:14	25.9	13:54	14	3:55	39.2
8 (108)	5:57	30	4:19	264.3	19:51	19	8:14	70.9
9 (129)	0:59	13	0:12	25.5	20:50	19	8:20	66.7
10 (91)	3:14	6	0:19	10.9	24:04	17	8:29	54.4
11 (94)	0:48	3	0:02	4.4	24:52	15	8:24	51.0
12 (112)	1:16	4	0:02	2.7	26:08	15	8:26	47.7
13 (90)	1:07	9	0:14	26.4	27:15	14	8:33	45.7
14 (125)	0:36	4	0:06	20.0	27:51	14	8:39	45.1
15 (92)	3:23	7	0:30	17.3	31:14	13	9:09	41.4
16 (133)	2:06	8	0:20	18.9	33:20	11	9:29	39.8
17 (117)	1:04	4	0:03	4.9	34:24	9	9:32	38.3
18 (98)	0:46	5	0:06	15.0	35:10	9	9:38	37.7
19 (128)	3:06	10	0:20	12.1	38:16	9	9:48	34.4
20 (78)	0:18	5	0:04	28.6	38:34	9	9:50	34.2
21 (53)	0:38	6	0:02	5.6	39:12	9	9:51	33.6
22 (121)	1:36	18	0:26	37.1	40:48	8	10:17	33.7
23 (104)	1:30	2	0:11	13.9	42:18	8	10:28	32.9
24 (100)	0:33	6	0:06	22.2	42:51	8	10:34	32.7
□□	0:22	6	0:04	22.2	43:13	8	10:35	32.4