



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Skrubis, Ainārs

□□: Ziemeļkurzeme OK

□□□: 44:03

□□□□: 8:13 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 9(of 38)

□□□□□□: 32:38

□□: 11:25

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:43	2	0:02	2.0	1:43	2	0:02	2.0
2 (130)	0:33	11	0:09	37.5	2:16	2	0:01	0.7
3 (81)	1:53	9	0:25	28.4	4:09	6	0:26	11.7
4 (134)	1:03	5	0:10	18.9	5:12	5	0:35	12.6
5 (107)	2:42	9	0:29	21.8	7:54	6	0:39	9.0
6 (88)	2:37	27	1:15	91.5	10:31	6	1:36	17.9
7 (111)	1:05	8	0:11	20.4	11:36	5	1:37	16.2
8 (108)	2:01	6	0:23	23.5	13:37	5	2:00	17.2
9 (129)	1:03	21	0:16	34.0	14:40	5	2:10	17.3
10 (91)	4:44	23	1:49	62.3	19:24	7	3:49	24.5
11 (94)	0:50	5	0:04	8.7	20:14	7	3:46	22.9
12 (112)	1:30	16	0:16	21.6	21:44	7	4:02	22.8
13 (90)	1:01	4	0:08	15.1	22:45	7	4:03	21.7
14 (125)	0:42	15	0:12	40.0	23:27	7	4:15	22.1
15 (92)	3:36	10	0:43	24.9	27:03	7	4:58	22.5
16 (133)	5:15	32	3:29	197.2	32:18	9	8:27	35.4
17 (117)	2:21	30	1:20	131.2	34:39	10	9:47	39.3
18 (98)	0:58	23	0:18	45.0	35:37	10	10:05	39.5
19 (128)	3:13	12	0:27	16.3	38:50	10	10:22	36.4
20 (78)	0:19	8	0:05	35.7	39:09	10	10:25	36.3
21 (53)	0:40	10	0:04	11.1	39:49	10	10:28	35.7
22 (121)	1:27	9	0:17	24.3	41:16	9	10:45	35.2
23 (104)	1:53	19	0:34	43.0	43:09	9	11:19	35.6
24 (100)	0:33	6	0:06	22.2	43:42	9	11:25	35.4
□□	0:21	4	0:03	16.7	44:03	9	11:25	35.0