



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Šiliņš, Ainārs

□□: Alnis-JNSC OK

□□□: 45:18

□□□□: 8:27 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 11(of 38)

□□□□□□: 32:38

□□: 12:40

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	3:30	26	1:49	107.9	3:30	26	1:49	107.9
2 (130)	0:29	5	0:05	20.8	3:59	25	1:44	77.0
3 (81)	1:48	6	0:20	22.7	5:47	16	2:04	55.6
4 (134)	1:31	17	0:38	71.7	7:18	15	2:41	58.1
5 (107)	2:37	7	0:24	18.1	9:55	13	2:40	36.8
6 (88)	1:39	9	0:17	20.7	11:34	10	2:39	29.7
7 (111)	1:15	18	0:21	38.9	12:49	9	2:50	28.4
8 (108)	2:04	7	0:26	26.5	14:53	8	3:16	28.1
9 (129)	1:01	17	0:14	29.8	15:54	8	3:24	27.2
10 (91)	3:57	13	1:02	35.4	19:51	8	4:16	27.4
11 (94)	0:59	14	0:13	28.3	20:50	8	4:22	26.5
12 (112)	1:53	28	0:39	52.7	22:43	8	5:01	28.3
13 (90)	1:18	24	0:25	47.2	24:01	8	5:19	28.4
14 (125)	0:42	15	0:12	40.0	24:43	8	5:31	28.7
15 (92)	4:12	20	1:19	45.7	28:55	8	6:50	30.9
16 (133)	2:09	9	0:23	21.7	31:04	7	7:13	30.3
17 (117)	1:17	12	0:16	26.2	32:21	7	7:29	30.1
18 (98)	0:53	15	0:13	32.5	33:14	7	7:42	30.2
19 (128)	3:38	20	0:52	31.3	36:52	8	8:24	29.5
20 (78)	0:20	14	0:06	42.9	37:12	8	8:28	29.5
21 (53)	0:53	28	0:17	47.2	38:05	8	8:44	29.8
22 (121)	4:29	32	3:19	284.3	42:34	11	12:03	39.5
23 (104)	1:44	12	0:25	31.7	44:18	11	12:28	39.2
24 (100)	0:37	21	0:10	37.0	44:55	11	12:38	39.1
□□	0:23	8	0:05	27.8	45:18	11	12:40	38.8