



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Muižnieks, Raitis

□□: Auseklis IK

□□□: 46:52

□□□□: 8:44 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 13(of 38)

□□□□□□: 32:38

□□: 14:14

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:45	5	0:04	4.0	1:45	5	0:04	4.0
2 (130)	0:35	14	0:11	45.8	2:20	4	0:05	3.7
3 (81)	3:16	29	1:48	122.7	5:36	12	1:53	50.7
4 (134)	1:06	7	0:13	24.5	6:42	11	2:05	45.1
5 (107)	2:49	12	0:36	27.1	9:31	11	2:16	31.3
6 (88)	1:32	4	0:10	12.2	11:03	9	2:08	23.9
7 (111)	8:36	33	7:42	855.6	19:39	24	9:40	96.8
8 (108)	2:13	12	0:35	35.7	21:52	21	10:15	88.2
9 (129)	0:55	10	0:08	17.0	22:47	21	10:17	82.3
10 (91)	3:50	10	0:55	31.4	26:37	20	11:02	70.8
11 (94)	0:54	9	0:08	17.4	27:31	20	11:03	67.1
12 (112)	1:23	7	0:09	12.2	28:54	19	11:12	63.3
13 (90)	1:06	8	0:13	24.5	30:00	19	11:18	60.4
14 (125)	0:41	14	0:11	36.7	30:41	19	11:29	59.8
15 (92)	3:27	8	0:34	19.7	34:08	18	12:03	54.6
16 (133)	2:05	7	0:19	17.9	36:13	16	12:22	51.9
17 (117)	1:06	7	0:05	8.2	37:19	16	12:27	50.1
18 (98)	0:50	10	0:10	25.0	38:09	16	12:37	49.4
19 (128)	3:18	15	0:32	19.3	41:27	15	12:59	45.6
20 (78)	0:17	3	0:03	21.4	41:44	15	13:00	45.2
21 (53)	0:40	10	0:04	11.1	42:24	15	13:03	44.5
22 (121)	1:29	11	0:19	27.1	43:53	13	13:22	43.8
23 (104)	1:55	20	0:36	45.6	45:48	13	13:58	43.9
24 (100)	0:37	21	0:10	37.0	46:25	13	14:08	43.8
□□	0:27	26	0:09	50.0	46:52	13	14:14	43.6