



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Heinrihsons, Arnis

□□: Auseklis IK

□□□: 52:33

□□□□: 9:48 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 20(of 38)

□□□□□□: 32:38

□□: 19:55

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:21	14	0:40	39.6	2:21	14	0:40	39.6
2 (130)	1:31	32	1:07	279.2	3:52	23	1:37	71.9
3 (81)	1:54	10	0:26	29.6	5:46	15	2:03	55.2
4 (134)	2:26	31	1:33	175.5	8:12	23	3:35	77.6
5 (107)	8:11	30	5:58	269.2	16:23	26	9:08	126.0
6 (88)	1:47	15	0:25	30.5	18:10	25	9:15	103.7
7 (111)	2:10	29	1:16	140.7	20:20	25	10:21	103.7
8 (108)	2:17	15	0:39	39.8	22:37	22	11:00	94.7
9 (129)	1:03	21	0:16	34.0	23:40	22	11:10	89.3
10 (91)	4:22	17	1:27	49.7	28:02	22	12:27	79.9
11 (94)	1:02	20	0:16	34.8	29:04	22	12:36	76.5
12 (112)	1:44	24	0:30	40.5	30:48	22	13:06	74.0
13 (90)	1:21	26	0:28	52.8	32:09	22	13:27	71.9
14 (125)	1:23	32	0:53	176.7	33:32	22	14:20	74.7
15 (92)	3:58	15	1:05	37.6	37:30	20	15:25	69.8
16 (133)	2:30	20	0:44	41.5	40:00	20	16:09	67.7
17 (117)	1:33	19	0:32	52.5	41:33	20	16:41	67.1
18 (98)	0:54	18	0:14	35.0	42:27	20	16:55	66.3
19 (128)	4:24	27	1:38	59.0	46:51	20	18:23	64.6
20 (78)	0:20	14	0:06	42.9	47:11	20	18:27	64.2
21 (53)	0:49	25	0:13	36.1	48:00	20	18:39	63.5
22 (121)	1:37	20	0:27	38.6	49:37	21	19:06	62.6
23 (104)	1:56	22	0:37	46.8	51:33	21	19:43	61.9
24 (100)	0:35	15	0:08	29.6	52:08	21	19:51	61.5
□□	0:25	19	0:07	38.9	52:33	20	19:55	61.0