



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Arnicāns, Guntis

□□: A2

□□□: 53:35

□□□□: 9:59 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 22(of 38)

□□□□□□: 32:38

□□: 20:57

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	8:51	33	7:10	425.7	8:51	33	7:10	425.7
2 (130)	1:12	29	0:48	200.0	10:03	33	7:48	346.7
3 (81)	2:53	27	1:25	96.6	12:56	32	9:13	248.0
4 (134)	0:53	1	-	-	13:49	31	9:12	199.3
5 (107)	8:23	33	6:10	278.2	22:12	32	14:57	206.2
6 (88)	1:22	1	-	-	23:34	32	14:39	164.3
7 (111)	0:54	1	-	-	24:28	31	14:29	145.1
8 (108)	1:53	4	0:15	15.3	26:21	26	14:44	126.8
9 (129)	0:49	4	0:02	4.3	27:10	26	14:40	117.3
10 (91)	6:17	29	3:22	115.4	33:27	27	17:52	114.7
11 (94)	1:00	18	0:14	30.4	34:27	27	17:59	109.2
12 (112)	1:14	1	-	-	35:41	27	17:59	101.6
13 (90)	1:27	28	0:34	64.2	37:08	27	18:26	98.6
14 (125)	0:39	10	0:09	30.0	37:47	27	18:35	96.8
15 (92)	3:06	4	0:13	7.5	40:53	26	18:48	85.1
16 (133)	2:11	11	0:25	23.6	43:04	25	19:13	80.6
17 (117)	1:25	16	0:24	39.3	44:29	23	19:37	78.9
18 (98)	0:49	9	0:09	22.5	45:18	23	19:46	77.4
19 (128)	2:57	6	0:11	6.6	48:15	22	19:47	69.5
20 (78)	0:14	1	-	-	48:29	22	19:45	68.7
21 (53)	0:39	8	0:03	8.3	49:08	22	19:47	67.4
22 (121)	1:20	5	0:10	14.3	50:28	22	19:57	65.4
23 (104)	2:10	27	0:51	64.6	52:38	23	20:48	65.3
24 (100)	0:34	12	0:07	25.9	53:12	23	20:55	64.8
□□	0:23	8	0:05	27.8	53:35	22	20:57	64.2