



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Sættran, Bjørn Idar

□□: IF Trauma

□□□: 1:00:43

□□□□: 11:19 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 28(of 38)

□□□□□□: 32:38

□□: 28:05

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	4:49	29	3:08	186.1	4:49	29	3:08	186.1
2 (130)	0:25	2	0:01	4.2	5:14	29	2:59	132.6
3 (81)	2:30	22	1:02	70.5	7:44	26	4:01	108.1
4 (134)	2:16	30	1:23	156.6	10:00	27	5:23	116.6
5 (107)	5:59	26	3:46	169.9	15:59	25	8:44	120.5
6 (88)	7:23	33	6:01	440.2	23:22	31	14:27	162.1
7 (111)	1:01	5	0:07	13.0	24:23	30	14:24	144.2
8 (108)	3:36	27	1:58	120.4	27:59	29	16:22	140.9
9 (129)	1:10	26	0:23	48.9	29:09	28	16:39	133.2
10 (91)	3:12	4	0:17	9.7	32:21	26	16:46	107.6
11 (94)	0:56	12	0:10	21.7	33:17	26	16:49	102.1
12 (112)	1:45	25	0:31	41.9	35:02	26	17:20	97.9
13 (90)	1:05	6	0:12	22.6	36:07	26	17:25	93.1
14 (125)	0:52	27	0:22	73.3	36:59	26	17:47	92.6
15 (92)	6:22	32	3:29	120.8	43:21	27	21:16	96.3
16 (133)	2:41	23	0:55	51.9	46:02	27	22:11	93.0
17 (117)	4:36	32	3:35	352.5	50:38	28	25:46	103.6
18 (98)	2:19	33	1:39	247.5	52:57	28	27:25	107.4
19 (128)	2:58	7	0:12	7.2	55:55	28	27:27	96.4
20 (78)	0:19	8	0:05	35.7	56:14	28	27:30	95.7
21 (53)	0:36	1	-	-	56:50	28	27:29	93.6
22 (121)	1:19	4	0:09	12.9	58:09	28	27:38	90.6
23 (104)	1:36	7	0:17	21.5	59:45	28	27:55	87.7
24 (100)	0:34	12	0:07	25.9	1:00:19	28	28:02	86.8
□□	0:24	14	0:06	33.3	1:00:43	28	28:05	86.1