



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Neimanis, Andris

□□: Ogre OK/SC

□□□: 1:02:49

□□□□: 11:43 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 29(of 38)

□□□□□□□: 32:38

□□: 30:11

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:35	19	0:54	53.5	2:35	19	0:54	53.5
2 (130)	0:44	25	0:20	83.3	3:19	15	1:04	47.4
3 (81)	4:31	31	3:03	208.0	7:50	27	4:07	110.8
4 (134)	1:36	20	0:43	81.1	9:26	26	4:49	104.3
5 (107)	6:13	27	4:00	180.5	15:39	24	8:24	115.9
6 (88)	1:57	18	0:35	42.7	17:36	24	8:41	97.4
7 (111)	1:27	24	0:33	61.1	19:03	23	9:04	90.8
8 (108)	11:51	32	10:13	625.5	30:54	30	19:17	166.0
9 (129)	1:07	25	0:20	42.6	32:01	30	19:31	156.1
10 (91)	5:11	25	2:16	77.7	37:12	31	21:37	138.7
11 (94)	1:12	26	0:26	56.5	38:24	31	21:56	133.2
12 (112)	1:40	23	0:26	35.1	40:04	31	22:22	126.4
13 (90)	1:36	29	0:43	81.1	41:40	31	22:58	122.8
14 (125)	1:32	33	1:02	206.7	43:12	31	24:00	125.0
15 (92)	4:34	25	1:41	58.4	47:46	30	25:41	116.3
16 (133)	2:34	21	0:48	45.3	50:20	30	26:29	111.0
17 (117)	1:45	25	0:44	72.1	52:05	29	27:13	109.5
18 (98)	0:54	18	0:14	35.0	52:59	29	27:27	107.5
19 (128)	3:25	17	0:39	23.5	56:24	29	27:56	98.1
20 (78)	0:24	26	0:10	71.4	56:48	29	28:04	97.7
21 (53)	0:50	27	0:14	38.9	57:38	29	28:17	96.4
22 (121)	1:38	21	0:28	40.0	59:16	29	28:45	94.2
23 (104)	2:23	30	1:04	81.0	1:01:39	29	29:49	93.7
24 (100)	0:39	24	0:12	44.4	1:02:18	29	30:01	93.0
□□	0:31	32	0:13	72.2	1:02:49	29	30:11	92.5