



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Šadrins, Sergejs

□□□: 34:55

□□: Kāpa OK/ Carnikavas novads

□□□□: 6:59 min/km

□□: 4.99 km / 22 □□

□□□□:  
Men 50-

□□□□□: 3(of 29)

□□□□□□: 32:54

□□: 2:01

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	□□	-	-	%	□□	-	-	%
1 (127)	1:55	1	-	-	1:55	1	-	-
2 (106)	0:44	2	0:07	18.9	2:39	1	-	-
3 (108)	3:30	18	1:42	94.4	6:09	6	0:58	18.7
4 (124)	1:35	6	0:09	10.5	7:44	4	1:07	16.9
5 (110)	1:09	4	0:03	4.6	8:53	4	1:10	15.1
6 (129)	1:28	2	0:04	4.8	10:21	4	0:47	8.2
7 (89)	1:20	1	-	-	11:41	4	0:44	6.7
8 (125)	2:46	6	0:31	23.0	14:27	4	1:00	7.4
9 (113)	2:06	3	0:04	3.3	16:33	4	0:59	6.3
10 (91)	0:42	2	0:01	2.4	17:15	4	0:58	5.9
11 (112)	1:45	2	0:01	1.0	19:00	4	0:57	5.3
12 (88)	1:22	1	-	-	20:22	3	0:49	4.2
13 (96)	2:54	2	0:02	1.2	23:16	2	0:41	3.0
14 (98)	1:28	2	0:02	2.3	24:44	3	0:40	2.8
15 (118)	1:03	6	0:05	8.6	25:47	3	0:43	2.9
16 (101)	2:15	3	0:01	0.8	28:02	3	0:41	2.5
17 (78)	0:52	2	0:01	2.0	28:54	2	0:41	2.4
18 (53)	0:42	7	0:04	10.5	29:36	3	0:44	2.5
19 (126)	1:11	2	0:01	1.4	30:47	3	0:44	2.4
20 (103)	2:06	28	1:16	152.0	32:53	3	1:57	6.3
21 (122)	0:43	2	0:02	4.9	33:36	3	1:55	6.1
22 (100)	0:53	4	0:05	10.4	34:29	3	1:59	6.1
□□	0:26	13	0:07	36.8	34:55	3	2:01	6.1