



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Mamis, Ģirts

□□: Mona OK

□□□: 36:37

□□□□: 7:20 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 5(of 29)

□□□□□□□: 32:54

□□: 3:43

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:44	19	1:49	94.8	3:44	19	1:49	94.8
2 (106)	0:46	3	0:09	24.3	4:30	14	1:51	69.8
3 (108)	3:41	20	1:53	104.6	8:11	15	3:00	57.9
4 (124)	1:32	3	0:06	7.0	9:43	11	3:06	46.9
5 (110)	1:06	1	-	-	10:49	8	3:06	40.2
6 (129)	1:28	2	0:04	4.8	12:17	6	2:43	28.4
7 (89)	1:23	3	0:03	3.8	13:40	5	2:43	24.8
8 (125)	2:46	6	0:31	23.0	16:26	5	2:59	22.2
9 (113)	2:04	2	0:02	1.6	18:30	5	2:56	18.8
10 (91)	0:44	4	0:03	7.3	19:14	5	2:57	18.1
11 (112)	1:44	1	-	-	20:58	5	2:55	16.2
12 (88)	1:22	1	-	-	22:20	5	2:47	14.2
13 (96)	2:52	1	-	-	25:12	5	2:37	11.6
14 (98)	1:30	5	0:04	4.7	26:42	5	2:38	10.9
15 (118)	1:03	6	0:05	8.6	27:45	5	2:41	10.7
16 (101)	2:14	1	-	-	29:59	5	2:38	9.6
17 (78)	0:53	5	0:02	3.9	30:52	5	2:39	9.4
18 (53)	0:39	3	0:01	2.6	31:31	5	2:39	9.2
19 (126)	1:11	2	0:01	1.4	32:42	5	2:39	8.8
20 (103)	2:00	27	1:10	140.0	34:42	5	3:46	12.2
21 (122)	0:41	1	-	-	35:23	5	3:42	11.7
22 (100)	0:48	1	-	-	36:11	5	3:41	11.3
□□	0:26	13	0:07	36.8	36:37	5	3:43	11.3