



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Dukulis, Ilmārs

□□: Alnis-JNSC OK

□□□: 44:04

□□□□: 8:49 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 12(of 29)

□□□□□□: 32:54

□□: 11:10

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:41	5	0:46	40.0	2:41	5	0:46	40.0
2 (106)	0:51	5	0:14	37.8	3:32	5	0:53	33.3
3 (108)	2:29	5	0:41	38.0	6:01	5	0:50	16.1
4 (124)	3:23	25	1:57	136.1	9:24	10	2:47	42.1
5 (110)	1:30	13	0:24	36.4	10:54	9	3:11	41.3
6 (129)	2:44	23	1:20	95.2	13:38	10	4:04	42.5
7 (89)	1:54	15	0:34	42.5	15:32	12	4:35	41.9
8 (125)	3:54	23	1:39	73.3	19:26	13	5:59	44.5
9 (113)	2:33	15	0:31	25.4	21:59	12	6:25	41.2
10 (91)	1:19	25	0:38	92.7	23:18	14	7:01	43.1
11 (112)	2:40	15	0:56	53.9	25:58	13	7:55	43.9
12 (88)	1:57	16	0:35	42.7	27:55	12	8:22	42.8
13 (96)	3:35	12	0:43	25.0	31:30	12	8:55	39.5
14 (98)	2:04	19	0:38	44.2	33:34	12	9:30	39.5
15 (118)	1:19	16	0:21	36.2	34:53	12	9:49	39.2
16 (101)	2:36	13	0:22	16.4	37:29	12	10:08	37.1
17 (78)	0:59	9	0:08	15.7	38:28	12	10:15	36.3
18 (53)	0:51	19	0:13	34.2	39:19	12	10:27	36.2
19 (126)	1:26	13	0:16	22.9	40:45	12	10:42	35.6
20 (103)	1:04	12	0:14	28.0	41:49	12	10:53	35.2
21 (122)	0:52	14	0:11	26.8	42:41	12	11:00	34.7
22 (100)	0:55	7	0:07	14.6	43:36	12	11:06	34.2
□□	0:28	19	0:09	47.4	44:04	12	11:10	33.9