



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lorencs, Jānis

□□: Ziemeļkurzeme OK

□□□: 47:54

□□□□: 9:35 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 17(of 29)

□□□□□□: 32:54

□□: 15:00

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	□□	-	-	%	□□	-	-	%
1 (127)	3:27	16	1:32	80.0	3:27	16	1:32	80.0
2 (106)	3:01	28	2:24	389.2	6:28	24	3:49	144.0
3 (108)	3:14	16	1:26	79.6	9:42	22	4:31	87.1
4 (124)	2:08	17	0:42	48.8	11:50	23	5:13	78.8
5 (110)	3:05	27	1:59	180.3	14:55	24	7:12	93.3
6 (129)	1:47	7	0:23	27.4	16:42	22	7:08	74.6
7 (89)	6:28	29	5:08	385.0	23:10	26	12:13	111.6
8 (125)	3:08	15	0:53	39.3	26:18	26	12:51	95.5
9 (113)	2:22	10	0:20	16.4	28:40	26	13:06	84.2
10 (91)	1:05	22	0:24	58.5	29:45	26	13:28	82.7
11 (112)	2:48	18	1:04	61.5	32:33	26	14:30	80.3
12 (88)	1:39	9	0:17	20.7	34:12	25	14:39	74.9
13 (96)	3:19	8	0:27	15.7	37:31	24	14:56	66.1
14 (98)	1:28	2	0:02	2.3	38:59	23	14:55	62.0
15 (118)	1:01	3	0:03	5.2	40:00	22	14:56	59.6
16 (101)	2:21	7	0:07	5.2	42:21	21	15:00	54.8
17 (78)	0:52	2	0:01	2.0	43:13	19	15:00	53.2
18 (53)	0:38	1	-	-	43:51	19	14:59	51.9
19 (126)	1:11	2	0:01	1.4	45:02	17	14:59	49.9
20 (103)	0:51	2	0:01	2.0	45:53	17	14:57	48.3
21 (122)	0:47	9	0:06	14.6	46:40	17	14:59	47.3
22 (100)	0:53	4	0:05	10.4	47:33	17	15:03	46.3
□□	0:21	2	0:02	10.5	47:54	17	15:00	45.6