



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Mikolavičius, Gintaras

□□: SK RASKK

□□□: 1:03:02

□□□□: 12:37 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 27(of 29)

□□□□□□: 32:54

□□: 30:08

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	10:47	28	8:52	462.6	10:47	28	8:52	462.6
2 (106)	1:26	26	0:49	132.4	12:13	28	9:34	361.0
3 (108)	2:32	6	0:44	40.7	14:45	27	9:34	184.6
4 (124)	2:04	16	0:38	44.2	16:49	27	10:12	154.2
5 (110)	1:53	21	0:47	71.2	18:42	27	10:59	142.3
6 (129)	4:19	28	2:55	208.3	23:01	27	13:27	140.6
7 (89)	4:52	28	3:32	265.0	27:53	27	16:56	154.6
8 (125)	4:42	25	2:27	108.9	32:35	27	19:08	142.3
9 (113)	2:24	12	0:22	18.0	34:59	27	19:25	124.7
10 (91)	2:56	29	2:15	329.3	37:55	27	21:38	132.9
11 (112)	5:21	28	3:37	208.7	43:16	27	25:13	139.7
12 (88)	1:47	11	0:25	30.5	45:03	27	25:30	130.4
13 (96)	5:53	28	3:01	105.2	50:56	27	28:21	125.5
14 (98)	1:41	9	0:15	17.4	52:37	27	28:33	118.6
15 (118)	1:35	23	0:37	63.8	54:12	27	29:08	116.2
16 (101)	2:26	10	0:12	9.0	56:38	27	29:17	107.1
17 (78)	0:55	7	0:04	7.8	57:33	27	29:20	104.0
18 (53)	0:57	26	0:19	50.0	58:30	27	29:38	102.7
19 (126)	1:14	6	0:04	5.7	59:44	27	29:41	98.8
20 (103)	0:58	6	0:08	16.0	1:00:42	27	29:46	96.2
21 (122)	0:55	18	0:14	34.2	1:01:37	27	29:56	94.5
22 (100)	1:01	14	0:13	27.1	1:02:38	27	30:08	92.7
□□	0:24	7	0:05	26.3	1:03:02	27	30:08	91.6