



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Dude, Guntis

□□: Sprīdītis TSK

□□□: 36:29

□□□□: 7:18 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 2(of 23)

□□□□□□: 36:23

□□: 0:06

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	4:15	17	2:11	105.7	4:15	17	2:11	105.7
2 (106)	0:49	2	0:01	2.1	5:04	16	2:02	67.0
3 (108)	2:12	1	-	-	7:16	7	1:21	22.8
4 (124)	1:39	3	0:09	10.0	8:55	4	1:13	15.8
5 (110)	1:22	6	0:20	32.3	10:17	4	1:29	16.9
6 (129)	1:55	13	0:32	38.6	12:12	5	1:34	14.7
7 (89)	1:45	11	0:28	36.4	13:57	4	1:33	12.5
8 (125)	2:24	2	0:03	2.1	16:21	4	1:19	8.8
9 (113)	1:59	2	0:04	3.5	18:20	4	0:58	5.6
10 (91)	0:44	2	0:01	2.3	19:04	4	0:58	5.3
11 (112)	2:09	5	0:34	35.8	21:13	3	0:35	2.8
12 (88)	1:28	4	0:09	11.4	22:41	3	0:34	2.6
13 (96)	2:54	1	-	-	25:35	3	0:26	1.7
14 (98)	1:34	5	0:07	8.1	27:09	2	0:28	1.8
15 (118)	1:05	3	0:03	4.8	28:14	2	0:26	1.6
16 (101)	2:19	3	0:10	7.8	30:33	2	0:21	1.2
17 (78)	0:55	3	0:05	10.0	31:28	2	0:21	1.1
18 (53)	0:46	12	0:10	27.8	32:14	2	0:24	1.3
19 (126)	1:14	3	0:04	5.7	33:28	2	0:23	1.2
20 (103)	0:52	2	0:02	4.0	34:20	2	0:13	0.6
21 (122)	0:53	13	0:11	26.2	35:13	2	0:14	0.7
22 (100)	0:54	5	0:11	25.6	36:07	2	0:09	0.4
□□	0:22	2	0:01	4.8	36:29	2	0:06	0.3