



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Saliņš, Jānis

□□: Mežmalas / Madona

□□□: 38:20

□□□□: 7:40 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 3(of 23)

□□□□□□: 36:23

□□: 1:57

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:25	14	1:21	65.3	3:25	14	1:21	65.3
2 (106)	0:54	5	0:06	12.5	4:19	13	1:17	42.3
3 (108)	3:51	16	1:39	75.0	8:10	12	2:15	38.0
4 (124)	2:23	15	0:53	58.9	10:33	13	2:51	37.0
5 (110)	1:32	13	0:30	48.4	12:05	11	3:17	37.3
6 (129)	1:53	12	0:30	36.1	13:58	11	3:20	31.4
7 (89)	1:17	1	-	-	15:15	8	2:51	23.0
8 (125)	2:26	3	0:05	3.6	17:41	7	2:39	17.6
9 (113)	2:05	3	0:10	8.7	19:46	6	2:24	13.8
10 (91)	0:44	2	0:01	2.3	20:30	5	2:24	13.3
11 (112)	2:14	7	0:39	41.1	22:44	5	2:06	10.2
12 (88)	1:19	1	-	-	24:03	5	1:56	8.7
13 (96)	3:02	2	0:08	4.6	27:05	5	1:56	7.7
14 (98)	1:31	3	0:04	4.6	28:36	4	1:55	7.2
15 (118)	1:02	1	-	-	29:38	3	1:50	6.6
16 (101)	2:25	6	0:16	12.4	32:03	3	1:51	6.1
17 (78)	0:50	1	-	-	32:53	3	1:46	5.7
18 (53)	0:42	4	0:06	16.7	33:35	3	1:45	5.5
19 (126)	1:13	2	0:03	4.3	34:48	3	1:43	5.2
20 (103)	1:23	15	0:33	66.0	36:11	3	2:04	6.1
21 (122)	0:47	4	0:05	11.9	36:58	3	1:59	5.7
22 (100)	0:56	10	0:13	30.2	37:54	3	1:56	5.4
□□	0:26	14	0:05	23.8	38:20	3	1:57	5.4