



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Šinke, Juris

□□: Kāpa OK

□□□: 39:10

□□□□: 7:50 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 4(of 23)

□□□□□□: 36:23

□□: 2:47

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	□□	-	-	%	□□	-	-	%
1 (127)	2:04	1	-	-	2:04	1	-	-
2 (106)	0:58	6	0:10	20.8	3:02	1	-	-
3 (108)	2:53	5	0:41	31.1	5:55	1	-	-
4 (124)	1:47	5	0:17	18.9	7:42	1	-	-
5 (110)	1:06	2	0:04	6.5	8:48	1	-	-
6 (129)	1:50	10	0:27	32.5	10:38	1	-	-
7 (89)	1:46	13	0:29	37.7	12:24	1	-	-
8 (125)	2:38	7	0:17	12.1	15:02	1	-	-
9 (113)	2:20	6	0:25	21.7	17:22	1	-	-
10 (91)	0:44	2	0:01	2.3	18:06	1	-	-
11 (112)	2:32	17	0:57	60.0	20:38	1	-	-
12 (88)	1:34	8	0:15	19.0	22:12	2	0:05	0.4
13 (96)	3:21	6	0:27	15.5	25:33	2	0:24	1.6
14 (98)	1:45	7	0:18	20.7	27:18	3	0:37	2.3
15 (118)	3:00	22	1:58	190.3	30:18	4	2:30	9.0
16 (101)	2:35	9	0:26	20.2	32:53	4	2:41	8.9
17 (78)	1:03	12	0:13	26.0	33:56	4	2:49	9.1
18 (53)	0:44	11	0:08	22.2	34:40	4	2:50	8.9
19 (126)	1:20	9	0:10	14.3	36:00	4	2:55	8.8
20 (103)	0:57	3	0:07	14.0	36:57	4	2:50	8.3
21 (122)	0:51	8	0:09	21.4	37:48	4	2:49	8.1
22 (100)	0:56	10	0:13	30.2	38:44	4	2:46	7.7
□□	0:26	14	0:05	23.8	39:10	4	2:47	7.7