



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Muzikants, Ivars

□□: Mona OK

□□□: 42:46

□□□□: 8:34 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 7(of 23)

□□□□□□□: 36:23

□□: 6:23

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	□□	-	-	%	□□	-	-	%
1 (127)	2:46	7	0:42	33.9	2:46	7	0:42	33.9
2 (106)	1:09	12	0:21	43.8	3:55	6	0:53	29.1
3 (108)	2:39	2	0:27	20.5	6:34	3	0:39	11.0
4 (124)	3:40	21	2:10	144.4	10:14	9	2:32	32.9
5 (110)	1:25	9	0:23	37.1	11:39	9	2:51	32.4
6 (129)	1:40	3	0:17	20.5	13:19	7	2:41	25.2
7 (89)	1:39	7	0:22	28.6	14:58	7	2:34	20.7
8 (125)	3:05	15	0:44	31.2	18:03	8	3:01	20.1
9 (113)	2:43	14	0:48	41.7	20:46	8	3:24	19.6
10 (91)	0:49	9	0:06	14.0	21:35	7	3:29	19.2
11 (112)	2:13	6	0:38	40.0	23:48	7	3:10	15.4
12 (88)	1:51	14	0:32	40.5	25:39	8	3:32	16.0
13 (96)	3:53	12	0:59	33.9	29:32	8	4:23	17.4
14 (98)	1:58	14	0:31	35.6	31:30	7	4:49	18.1
15 (118)	1:26	13	0:24	38.7	32:56	7	5:08	18.5
16 (101)	2:51	18	0:42	32.6	35:47	7	5:35	18.5
17 (78)	1:07	17	0:17	34.0	36:54	8	5:47	18.6
18 (53)	0:48	16	0:12	33.3	37:42	8	5:52	18.4
19 (126)	1:30	17	0:20	28.6	39:12	8	6:07	18.5
20 (103)	1:03	7	0:13	26.0	40:15	7	6:08	18.0
21 (122)	0:57	16	0:15	35.7	41:12	7	6:13	17.8
22 (100)	1:11	21	0:28	65.1	42:23	7	6:25	17.8
□□	0:23	4	0:02	9.5	42:46	7	6:23	17.5