



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Haverstad, Ingemar Jansson

□□□: 48:54

□□: Lierbygda O-lag

□□□□: 9:47 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 15(of 23)

□□□□□□□: 36:23

□□: 12:31

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	4:29	18	2:25	116.9	4:29	18	2:25	116.9
2 (106)	5:38	23	4:50	604.2	10:07	22	7:05	233.5
3 (108)	2:50	4	0:38	28.8	12:57	20	7:02	118.9
4 (124)	2:00	9	0:30	33.3	14:57	18	7:15	94.2
5 (110)	1:37	17	0:35	56.5	16:34	18	7:46	88.3
6 (129)	1:50	10	0:27	32.5	18:24	18	7:46	73.0
7 (89)	1:37	6	0:20	26.0	20:01	18	7:37	61.4
8 (125)	2:59	14	0:38	27.0	23:00	18	7:58	53.0
9 (113)	2:31	10	0:36	31.3	25:31	18	8:09	46.9
10 (91)	0:48	7	0:05	11.6	26:19	18	8:13	45.4
11 (112)	2:05	2	0:30	31.6	28:24	18	7:46	37.6
12 (88)	1:45	12	0:26	32.9	30:09	18	8:02	36.3
13 (96)	3:44	11	0:50	28.7	33:53	14	8:44	34.7
14 (98)	1:55	13	0:28	32.2	35:48	13	9:07	34.2
15 (118)	1:11	6	0:09	14.5	36:59	13	9:11	33.0
16 (101)	2:35	9	0:26	20.2	39:34	12	9:22	31.0
17 (78)	0:57	5	0:07	14.0	40:31	12	9:24	30.2
18 (53)	0:43	7	0:07	19.4	41:14	12	9:24	29.5
19 (126)	1:20	9	0:10	14.3	42:34	12	9:29	28.7
20 (103)	3:38	22	2:48	336.0	46:12	14	12:05	35.4
21 (122)	1:04	21	0:22	52.4	47:16	15	12:17	35.1
22 (100)	1:05	18	0:22	51.2	48:21	15	12:23	34.4
□□	0:33	21	0:12	57.1	48:54	15	12:31	34.4