



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Antons, Elmārs

□□: Sprīdītis TSK

□□□: 53:32

□□□□: 10:43 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 16(of 23)

□□□□□□: 36:23

□□: 17:09

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:11	13	1:07	54.0	3:11	13	1:07	54.0
2 (106)	1:07	11	0:19	39.6	4:18	12	1:16	41.8
3 (108)	3:11	9	0:59	44.7	7:29	10	1:34	26.5
4 (124)	2:49	18	1:19	87.8	10:18	10	2:36	33.8
5 (110)	2:13	21	1:11	114.5	12:31	13	3:43	42.2
6 (129)	2:29	22	1:06	79.5	15:00	14	4:22	41.1
7 (89)	3:01	23	1:44	135.1	18:01	16	5:37	45.3
8 (125)	4:11	19	1:50	78.0	22:12	17	7:10	47.7
9 (113)	3:28	21	1:33	80.9	25:40	19	8:18	47.8
10 (91)	1:02	18	0:19	44.2	26:42	19	8:36	47.5
11 (112)	4:42	23	3:07	196.8	31:24	19	10:46	52.2
12 (88)	1:55	16	0:36	45.6	33:19	19	11:12	50.6
13 (96)	4:54	18	2:00	69.0	38:13	17	13:04	52.0
14 (98)	2:13	19	0:46	52.9	40:26	16	13:45	51.5
15 (118)	1:44	19	0:42	67.7	42:10	16	14:22	51.7
16 (101)	3:15	22	1:06	51.2	45:25	16	15:13	50.4
17 (78)	1:22	21	0:32	64.0	46:47	16	15:40	50.4
18 (53)	0:53	20	0:17	47.2	47:40	16	15:50	49.7
19 (126)	1:43	20	0:33	47.1	49:23	17	16:18	49.3
20 (103)	1:12	13	0:22	44.0	50:35	16	16:28	48.3
21 (122)	1:08	22	0:26	61.9	51:43	16	16:44	47.8
22 (100)	1:13	22	0:30	69.8	52:56	16	16:58	47.2
□□	0:36	22	0:15	71.4	53:32	16	17:09	47.1