



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lagzdkalns, Jānis

□□: KURMIS OK

□□□: 54:42

□□□□: 10:57 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 18(of 23)

□□□□□□: 36:23

□□: 18:19

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:56	10	0:52	41.9	2:56	10	0:52	41.9
2 (106)	1:12	15	0:24	50.0	4:08	10	1:06	36.3
3 (108)	7:36	21	5:24	245.5	11:44	18	5:49	98.3
4 (124)	4:31	22	3:01	201.1	16:15	19	8:33	111.0
5 (110)	1:02	1	-	-	17:17	19	8:29	96.4
6 (129)	1:23	1	-	-	18:40	19	8:02	75.6
7 (89)	1:32	3	0:15	19.5	20:12	19	7:48	62.9
8 (125)	3:08	16	0:47	33.3	23:20	19	8:18	55.2
9 (113)	1:55	1	-	-	25:15	17	7:53	45.4
10 (91)	0:56	14	0:13	30.2	26:11	17	8:05	44.7
11 (112)	1:35	1	-	-	27:46	16	7:08	34.6
12 (88)	2:08	19	0:49	62.0	29:54	17	7:47	35.2
13 (96)	13:43	23	10:49	373.0	43:37	20	18:28	73.4
14 (98)	1:27	1	-	-	45:04	18	18:23	68.9
15 (118)	1:07	4	0:05	8.1	46:11	18	18:23	66.1
16 (101)	2:09	1	-	-	48:20	18	18:08	60.0
17 (78)	1:34	23	0:44	88.0	49:54	18	18:47	60.4
18 (53)	0:36	1	-	-	50:30	18	18:40	58.6
19 (126)	1:10	1	-	-	51:40	18	18:35	56.2
20 (103)	0:59	4	0:09	18.0	52:39	18	18:32	54.3
21 (122)	0:46	3	0:04	9.5	53:25	18	18:26	52.7
22 (100)	0:54	5	0:11	25.6	54:19	18	18:21	51.0
□□	0:23	4	0:02	9.5	54:42	18	18:19	50.3