



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Bertuks, Uldis

□□: Alūksne OK

□□□: 1:33:01

□□□□: 18:38 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 22(of 23)

□□□□□□: 36:23

□□: 56:38

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	12:05	23	10:01	484.7	12:05	23	10:01	484.7
2 (106)	1:28	20	0:40	83.3	13:33	23	10:31	346.7
3 (108)	31:02	23	28:50	1,310.6	44:35	23	38:40	653.5
4 (124)	2:27	17	0:57	63.3	47:02	23	39:20	510.8
5 (110)	2:56	23	1:54	183.9	49:58	23	41:10	467.8
6 (129)	2:22	20	0:59	71.1	52:20	23	41:42	392.2
7 (89)	2:32	20	1:15	97.4	54:52	23	42:28	342.5
8 (125)	6:24	22	4:03	172.3	1:01:16	23	46:14	307.5
9 (113)	3:47	22	1:52	97.4	1:05:03	23	47:41	274.6
10 (91)	1:06	20	0:23	53.5	1:06:09	23	48:03	265.5
11 (112)	2:49	21	1:14	77.9	1:08:58	23	48:20	234.3
12 (88)	2:08	19	0:49	62.0	1:11:06	23	48:59	221.5
13 (96)	5:16	19	2:22	81.6	1:16:22	23	51:13	203.6
14 (98)	2:13	19	0:46	52.9	1:18:35	22	51:54	194.5
15 (118)	1:39	17	0:37	59.7	1:20:14	22	52:26	188.6
16 (101)	3:24	23	1:15	58.1	1:23:38	22	53:26	176.9
17 (78)	1:24	22	0:34	68.0	1:25:02	22	53:55	173.3
18 (53)	1:42	23	1:06	183.3	1:26:44	22	54:54	172.5
19 (126)	1:43	20	0:33	47.1	1:28:27	22	55:22	167.4
20 (103)	1:22	14	0:32	64.0	1:29:49	22	55:42	163.3
21 (122)	1:08	22	0:26	61.9	1:30:57	22	55:58	160.0
22 (100)	1:22	23	0:39	90.7	1:32:19	22	56:21	156.7
□□	0:42	23	0:21	100.0	1:33:01	22	56:38	155.7