



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Dukšte, Gunārs

□□: ALTIUS

□□□: 37:45

□□□□: 10:17 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 60-

□□□□□: 5(of 14)

□□□□□□□: 31:57

□□: 5:48

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:54	5	0:31	21.7	2:54	5	0:31	21.7
2 (87)	2:49	7	0:29	20.7	5:43	3	0:50	17.1
3 (108)	1:51	9	0:28	33.7	7:34	5	1:04	16.4
4 (124)	2:22	11	0:54	61.4	9:56	5	1:42	20.7
5 (88)	0:57	3	0:09	18.8	10:53	5	1:48	19.8
6 (84)	1:08	9	0:15	28.3	12:01	4	2:03	20.6
7 (129)	3:19	13	2:09	184.3	15:20	8	4:11	37.5
8 (113)	5:11	3	1:14	31.2	20:31	6	5:09	33.5
9 (92)	1:24	6	0:09	12.0	21:55	4	5:05	30.2
10 (117)	2:33	5	0:19	14.2	24:28	4	5:13	27.1
11 (97)	0:48	7	0:17	54.8	25:16	4	5:24	27.2
12 (99)	1:33	11	0:29	45.3	26:49	5	5:53	28.1
13 (101)	3:08	9	0:44	30.6	29:57	5	6:03	25.3
14 (128)	0:54	8	0:15	38.5	30:51	5	5:14	20.4
15 (53)	0:59	9	0:11	22.9	31:50	5	5:18	20.0
16 (120)	3:50	12	2:45	253.9	35:40	5	5:24	17.8
17 (104)	0:53	9	0:16	43.2	36:33	5	5:27	17.5
18 (100)	0:45	12	0:14	45.2	37:18	5	5:41	18.0
□□	0:27	8	0:07	35.0	37:45	5	5:48	18.2