



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Ansviesulis, Ivars

□□: Prizma

□□□: 39:27

□□□□: 10:44 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 60-

□□□□□: 8(of 14)

□□□□□□□: 31:57

□□: 7:30

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	□□	-	-	%	□□	-	-	%
1 (127)	4:04	8	1:41	70.6	4:04	8	1:41	70.6
2 (87)	2:49	7	0:29	20.7	6:53	7	2:00	41.0
3 (108)	2:13	11	0:50	60.2	9:06	9	2:36	40.0
4 (124)	2:39	12	1:11	80.7	11:45	9	3:31	42.7
5 (88)	1:01	9	0:13	27.1	12:46	10	3:41	40.6
6 (84)	1:19	12	0:26	49.1	14:05	10	4:07	41.3
7 (129)	1:50	9	0:40	57.1	15:55	10	4:46	42.8
8 (113)	5:46	4	1:49	46.0	21:41	8	6:19	41.1
9 (92)	1:45	12	0:30	40.0	23:26	7	6:36	39.2
10 (117)	2:49	8	0:35	26.1	26:15	7	7:00	36.4
11 (97)	2:31	13	2:00	387.1	28:46	9	8:54	44.8
12 (99)	1:29	9	0:25	39.1	30:15	9	9:19	44.5
13 (101)	3:28	11	1:04	44.4	33:43	10	9:49	41.1
14 (128)	0:49	6	0:10	25.6	34:32	9	8:55	34.8
15 (53)	1:06	12	0:18	37.5	35:38	9	9:06	34.3
16 (120)	1:33	8	0:28	43.1	37:11	8	6:55	22.9
17 (104)	1:06	11	0:29	78.4	38:17	8	7:11	23.1
18 (100)	0:43	8	0:12	38.7	39:00	8	7:23	23.4
□□	0:27	8	0:07	35.0	39:27	8	7:30	23.5