



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Dias, Manuel

□□: Lisboa OK

□□□: 48:57

□□□□: 13:20 min/km

□□: 3.67 km / 18 □□

□□□□:
Men 60-

□□□□□: 12(of 14)

□□□□□□: 31:57

□□: 17:00

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	6:36	13	4:13	176.9	6:36	13	4:13	176.9
2 (87)	4:10	12	1:50	78.6	10:46	13	5:53	120.5
3 (108)	1:26	3	0:03	3.6	12:12	12	5:42	87.7
4 (124)	1:28	1	-	-	13:40	12	5:26	66.0
5 (88)	1:08	11	0:20	41.7	14:48	12	5:43	62.9
6 (84)	1:00	3	0:07	13.2	15:48	12	5:50	58.5
7 (129)	1:10	1	-	-	16:58	12	5:49	52.2
8 (113)	12:04	13	8:07	205.5	29:02	13	13:40	88.9
9 (92)	1:22	5	0:07	9.3	30:24	13	13:34	80.6
10 (117)	7:05	13	4:51	217.2	37:29	13	18:14	94.7
11 (97)	0:31	1	-	-	38:00	13	18:08	91.3
12 (99)	3:17	13	2:13	207.8	41:17	13	20:21	97.2
13 (101)	2:52	6	0:28	19.4	44:09	13	20:15	84.7
14 (128)	0:39	1	-	-	44:48	13	19:11	74.9
15 (53)	0:51	2	0:03	6.3	45:39	13	19:07	72.1
16 (120)	1:07	2	0:02	3.1	46:46	12	16:30	54.5
17 (104)	1:18	12	0:41	110.8	48:04	12	16:58	54.6
18 (100)	0:31	1	-	-	48:35	12	16:58	53.7
□□	0:22	2	0:02	10.0	48:57	12	17:00	53.2