



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Limbēns, Ilmārs

□□: Sigulda

□□□: 35:12

□□□□: 9:35 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 65-

□□□□□: 4(of 15)

□□□□□□□: 29:38

□□: 5:34

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	8:33	14	5:51	216.7	8:33	14	5:51	216.7
2 (87)	2:27	2	0:04	2.8	11:00	13	5:55	116.4
3 (108)	1:47	4	0:16	17.6	12:47	13	6:08	92.2
4 (124)	2:10	6	0:25	23.8	14:57	11	6:21	73.8
5 (88)	0:54	1	-	-	15:51	10	6:20	66.6
6 (84)	0:56	1	-	-	16:47	8	6:13	58.8
7 (129)	1:27	2	0:08	10.1	18:14	8	5:46	46.3
8 (113)	4:36	1	-	-	22:50	5	5:36	32.5
9 (92)	1:10	1	-	-	24:00	4	5:31	29.9
10 (117)	2:16	1	-	-	26:16	4	5:21	25.6
11 (97)	0:40	2	0:04	11.1	26:56	4	5:03	23.1
12 (99)	1:23	5	0:19	29.7	28:19	4	5:22	23.4
13 (101)	2:28	2	0:05	3.5	30:47	4	5:27	21.5
14 (128)	0:38	1	-	-	31:25	4	5:26	20.9
15 (53)	0:52	3	0:02	4.0	32:17	4	5:28	20.4
16 (120)	1:06	1	-	-	33:23	4	5:22	19.2
17 (104)	0:54	6	0:10	22.7	34:17	4	5:32	19.3
18 (100)	0:33	2	0:02	6.5	34:50	4	5:34	19.0
□□	0:22	1	-	-	35:12	4	5:34	18.8