



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lukačovs, Helmutš

□□: SILVA

□□□: 45:25

□□□□: 12:22 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 65-

□□□□□: 8(of 15)

□□□□□□: 29:38

□□: 15:47

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	5:48	11	3:06	114.8	5:48	11	3:06	114.8
2 (87)	3:20	9	0:57	39.9	9:08	9	4:03	79.7
3 (108)	1:48	5	0:17	18.7	10:56	9	4:17	64.4
4 (124)	1:45	1	-	-	12:41	9	4:05	47.5
5 (88)	3:26	14	2:32	281.5	16:07	11	6:36	69.4
6 (84)	1:13	5	0:17	30.4	17:20	10	6:46	64.0
7 (129)	1:19	1	-	-	18:39	10	6:11	49.6
8 (113)	10:30	14	5:54	128.3	29:09	11	11:55	69.2
9 (92)	2:30	14	1:20	114.3	31:39	11	13:10	71.2
10 (117)	3:18	9	1:02	45.6	34:57	11	14:02	67.1
11 (97)	0:36	1	-	-	35:33	11	13:40	62.5
12 (99)	1:36	8	0:32	50.0	37:09	11	14:12	61.9
13 (101)	2:45	4	0:22	15.4	39:54	10	14:34	57.5
14 (128)	0:40	4	0:02	5.3	40:34	9	14:35	56.1
15 (53)	0:51	2	0:01	2.0	41:25	8	14:36	54.4
16 (120)	1:41	10	0:35	53.0	43:06	8	15:05	53.8
17 (104)	1:12	13	0:28	63.6	44:18	8	15:33	54.1
18 (100)	0:41	7	0:10	32.3	44:59	8	15:43	53.7
□□	0:26	5	0:04	18.2	45:25	8	15:47	53.3