



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Zvirgzds, Juris

□□: Seniors

□□□: 44:22

□□□□: 11:53 min/km

□□: 3.73 km / 17 □□

□□□□:

Men 70-

□□□□□: 3(of 12)

□□□□□□: 39:32

□□: 4:50

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	4:08	4	0:47	23.4	4:08	4	0:47	23.4
2 (87)	3:43	4	1:15	50.7	7:51	4	2:02	35.0
3 (129)	1:38	5	0:29	42.0	9:29	4	2:31	36.1
4 (86)	1:57	5	0:26	28.6	11:26	3	2:39	30.2
5 (89)	2:09	5	0:35	37.2	13:35	3	3:14	31.2
6 (109)	2:54	6	0:42	31.8	16:29	3	3:15	24.6
7 (84)	0:57	2	0:13	29.6	17:26	3	3:28	24.8
8 (111)	3:12	5	0:33	20.8	20:38	3	3:51	22.9
9 (94)	3:12	2	0:01	0.5	23:50	3	1:57	8.9
10 (115)	4:12	5	1:18	44.8	28:02	3	3:03	12.2
11 (96)	2:25	4	0:15	11.5	30:27	3	3:18	12.2
12 (116)	1:35	4	0:09	10.5	32:02	3	3:24	11.9
13 (78)	6:33	4	1:21	26.0	38:35	3	3:35	10.2
14 (53)	1:01	6	0:12	24.5	39:36	3	3:41	10.3
15 (120)	2:32	9	1:04	72.7	42:08	3	4:45	12.7
16 (131)	0:54	2	0:09	20.0	43:02	3	4:42	12.3
17 (100)	0:42	4	0:10	31.3	43:44	3	4:43	12.1
□□	0:38	8	0:11	40.7	44:22	3	4:50	12.2