



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Ostups, Gunārs

□□: Kāpa OK/ Carnikavas novads

□□□: 1:19:50

□□□□: 21:24 min/km

□□: 3.73 km / 17 □□

□□□□:

Men 75-

□□□□□: 3(of 6)

□□□□□□□: 1:07:34

□□: 12:16

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	4:41	2	0:23	8.9	4:41	2	0:23	8.9
2 (87)	5:18	4	1:41	46.5	9:59	3	2:04	26.1
3 (129)	1:47	2	0:14	15.1	11:46	3	2:18	24.3
4 (86)	2:57	3	1:19	80.6	14:43	2	3:37	32.6
5 (89)	2:22	2	0:37	35.2	17:05	2	4:14	32.9
6 (109)	17:13	5	14:38	566.5	34:18	4	18:52	122.3
7 (84)	1:21	1	-	-	35:39	4	17:56	101.2
8 (111)	5:38	4	2:32	81.7	41:17	4	20:28	98.3
9 (94)	8:10	3	3:01	58.6	49:27	3	10:43	27.7
10 (115)	4:04	1	-	-	53:31	3	9:07	20.5
11 (96)	5:20	5	2:53	117.7	58:51	3	10:36	22.0
12 (116)	3:20	4	1:31	83.5	1:02:11	3	8:43	16.3
13 (78)	10:02	4	3:22	50.5	1:12:13	3	11:08	18.2
14 (53)	1:35	5	0:35	58.3	1:13:48	3	11:37	18.7
15 (120)	2:25	1	-	-	1:16:13	3	11:17	17.4
16 (131)	1:34	6	0:40	74.1	1:17:47	3	11:48	17.9
17 (100)	1:13	6	0:31	73.8	1:19:00	3	12:11	18.2
□□	0:50	5	0:19	61.3	1:19:50	3	12:16	18.2