



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Kalniņš, Ivars

□□: Seniors

□□□: 1:42:14

□□□□: 27:24 min/km

□□: 3.73 km / 17 □□

□□□□:

Men 75-

□□□□□: 5(of 6)

□□□□□□□: 1:07:34

□□: 34:40

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	7:55	5	3:37	84.1	7:55	5	3:37	84.1
2 (87)	8:32	5	4:55	135.9	16:27	5	8:32	107.8
3 (129)	3:00	5	1:27	93.6	19:27	5	9:59	105.5
4 (86)	17:25	5	15:47	966.3	36:52	5	25:46	232.1
5 (89)	3:21	5	1:36	91.4	40:13	5	27:22	213.0
6 (109)	12:11	4	9:36	371.6	52:24	5	36:58	239.5
7 (84)	2:03	3	0:42	51.9	54:27	5	36:44	207.3
8 (111)	10:29	5	7:23	238.2	1:04:56	5	44:07	211.9
9 (94)	7:04	2	1:55	37.2	1:12:00	5	33:16	85.9
10 (115)	5:02	3	0:58	23.8	1:17:02	5	32:38	73.5
11 (96)	4:07	4	1:40	68.0	1:21:09	5	32:54	68.2
12 (116)	2:30	3	0:41	37.6	1:23:39	5	30:11	56.5
13 (78)	10:49	5	4:09	62.3	1:34:28	5	33:23	54.7
14 (53)	1:29	4	0:29	48.3	1:35:57	5	33:46	54.3
15 (120)	2:41	2	0:16	11.0	1:38:38	5	33:42	51.9
16 (131)	1:25	5	0:31	57.4	1:40:03	5	34:04	51.6
17 (100)	1:09	5	0:27	64.3	1:41:12	5	34:23	51.5
□□	1:02	6	0:31	100.0	1:42:14	5	34:40	51.3