



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Pommers, Jānis

□□: Taka TOK

□□□: 1:25:28

□□□□: 25:44 min/km

□□: 3.32 km / 15 □□

□□□□:

Men 80-

□□□□□: 3(of 3)

□□□□□□: 50:51

□□: 34:37

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	3:50	1	-	-	3:50	1	-	-
2 (135)	2:11	1	-	-	6:01	1	-	-
3 (83)	3:35	3	2:11	156.0	9:36	1	-	-
4 (111)	30:48	3	24:13	367.9	40:24	3	24:10	148.9
5 (95)	4:13	1	-	-	44:37	3	23:57	115.9
6 (92)	4:23	1	-	-	49:00	3	23:39	93.3
7 (96)	3:00	2	0:05	2.9	52:00	3	23:44	84.0
8 (133)	9:13	3	5:46	167.2	1:01:13	3	29:30	93.0
9 (118)	8:21	3	4:20	107.9	1:09:34	3	33:48	94.5
10 (102)	6:08	2	0:22	6.4	1:15:42	3	34:10	82.3
11 (53)	2:23	3	0:10	7.5	1:18:05	3	34:18	78.3
12 (126)	2:45	2	0:03	1.9	1:20:50	3	34:21	73.9
13 (120)	1:13	2	0:04	5.8	1:22:03	3	34:25	72.3
14 (132)	1:26	3	0:12	16.2	1:23:29	3	34:28	70.3
15 (100)	1:00	2	0:04	7.1	1:24:29	3	34:32	69.1
□□	0:59	3	0:05	9.3	1:25:28	3	34:37	68.1