



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Vārtukapteinis, Nauris

□□□: 1:02:37

□□□□: 11:44 min/km

□□: 5.33 km / 25 □□

□□□□:
OPEN2

□□□□□: 5(of 5)

□□□□□□: 51:28

□□: 11:09

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	2:19	2	0:03	2.2	2:19	2	0:03	2.2
2 (82)	0:55	4	0:11	25.0	3:14	2	0:12	6.6
3 (123)	0:35	1	-	-	3:49	2	0:07	3.2
4 (109)	6:16	4	3:02	93.8	10:05	4	3:09	45.4
5 (111)	2:44	2	0:16	10.8	12:49	2	2:52	28.8
6 (89)	1:09	1	-	-	13:58	2	2:40	23.6
7 (86)	5:59	5	4:19	259.0	19:57	3	6:59	53.9
8 (110)	4:29	5	1:44	63.0	24:26	3	7:02	40.4
9 (112)	2:29	2	0:14	10.4	26:55	3	6:58	34.9
10 (92)	4:15	2	0:15	6.3	31:10	3	3:16	11.7
11 (93)	5:42	5	3:50	205.4	36:52	5	6:59	23.4
12 (94)	2:25	5	0:52	55.9	39:17	5	7:30	23.6
13 (91)	2:14	4	1:02	86.1	41:31	5	8:32	25.9
14 (96)	2:35	5	0:27	21.1	44:06	5	8:59	25.6
15 (98)	2:17	4	0:15	12.3	46:23	5	9:01	24.1
16 (118)	1:50	5	0:41	59.4	48:13	5	9:34	24.8
17 (102)	5:11	5	1:57	60.3	53:24	5	11:31	27.5
18 (78)	0:56	1	-	-	54:20	5	11:11	25.9
19 (53)	1:02	5	0:16	34.8	55:22	5	11:27	26.1
20 (121)	1:40	1	-	-	57:02	5	11:24	25.0
21 (122)	1:32	1	-	-	58:34	5	11:15	23.8
22 (120)	1:40	3	0:18	22.0	1:00:14	5	11:23	23.3
23 (126)	0:36	1	-	-	1:00:50	5	11:18	22.8
24 (132)	0:45	1	-	-	1:01:35	5	11:10	22.2
25 (100)	0:32	2	0:02	6.7	1:02:07	5	11:08	21.8
□□	0:30	3	0:06	25.0	1:02:37	5	11:09	21.7