



Rank	Bib	Name	Year	Inter 1	Inter 2	Inter 3	Inter 4	Inter 5	Inter 6	Inter 7	Time	Gap
V21E												
1	112	TEPPAN Vahur		3:15.2	6:27.3	9:45.1	13:11.9	16:32.6	19:54.3	23:11.3	26:07.7	
2	49	DAMŠKALNS Juris	1983	3:13.5	6:22.7	9:45.6	13:12.7	16:32.0	19:53.4	23:12.6	26:09.6	1.9
3	19	ZĪMELIS Raivis	1976	3:12.9	6:17.2	9:44.6	13:10.9	16:30.8	19:52.9	23:11.6	26:13.3	5.6
4	48	LŪSIS Gints	1984	3:13.0	6:21.3	9:44.1	13:11.3	16:30.4	19:52.5	23:10.9	26:15.8	8.1
5	47	VANAGS Kārlis	1984	3:14.6	6:26.8	9:46.4	13:10.1	16:31.5	19:53.9	23:13.0	26:17.2	9.5
6	124	PURNIŅŠ Lauris		3:16.4	6:27.8	9:46.0	13:12.2	16:29.9	19:52.0	23:12.2	26:22.3	14.6
7	17	STUPELIS Kaspars	1982	3:12.6	6:29.4	10:01.8	13:28.7	16:56.2	20:27.5	24:01.7	27:23.5	1:15.8
8	36	DAĻECKIS Mārtiņš	1986	3:15.8	6:30.3	9:51.9	13:23.4	16:56.6	20:28.0	24:02.1	27:24.4	1:16.7
9	41	BIRKENTĀLS Nauris	1993	3:14.2	6:37.7	10:13.4	13:48.0	17:37.9	21:23.8	25:01.0	28:44.0	2:36.3
10	134	LUKSTIŅŠ Mārtiņš	1973	3:20.3	6:52.9	10:39.4	14:28.2	18:17.5	21:52.4	25:32.6	29:09.1	3:01.4
11	86	DUMPIS Viesturs	1988	3:17.9	6:52.4	10:38.9	14:27.7	18:18.3	21:56.6	25:54.8	29:52.6	3:44.9
12	125	OZOLS Edgars		3:20.9	7:10.4	11:22.1	15:41.1	20:00.1	24:09.6	28:21.7	32:20.7	6:13.0
13	133	LUKSTIŅŠ Rūdolfs	1993	4:32.5	9:27.8	14:35.1	19:34.1	24:46.2	30:02.9		34:56.6	8:48.9

S21E

1	135	BRUNERE Kristīne	2002	3:58.6	7:54.3	12:06.9	16:10.0	20:11.3			24:08.3	
2	110	LAPIŅA Laura		4:05.4	8:26.8	12:43.4	17:02.8	21:24.5			25:42.1	1:33.8
3	130	PATMALNIECE Rūta	1997	4:47.1	10:16.3	15:44.3	21:16.1	26:55.4			32:31.1	8:22.8

V21

1	45	ŠNORIŅŠ Jānis	1995	3:20.1	6:26.2	10:13.8	13:55.0	17:35.2			21:13.8	
2	120	DAIDERS Jānis		3:31.1	7:06.9	10:52.6	14:38.1	18:22.1			22:10.7	56.9
3	127	PĒRKONS Mārcis		3:30.1	7:17.1	11:04.3	14:50.0	18:35.8			22:11.9	58.1
4	52	FĀRENHORSTS Mārtiņš	1988	3:31.9	7:18.1	11:06.2	14:50.8	18:37.8			22:16.2	1:02.4
5	57	KOKOREVIČS Edgars	1987	3:30.5	7:17.7	11:03.6	14:49.6	18:37.1			22:26.2	1:12.4
6	82	DZENIS Jēkabs	1989	3:34.1	7:19.4	11:05.6	14:55.0	18:51.9			22:42.6	1:28.8
7	129	BUNKOVSKIS Jānis		3:38.5	7:29.0	11:31.1	15:29.4	19:28.9			23:23.1	2:09.3
8	95	TĪKLENIEKS Kaspars	1993	3:31.4	7:31.0	11:34.0	15:38.0	19:56.0			23:59.0	2:45.2
9	67	SEBRIS Silvestrs	1996	3:37.2	7:49.6	12:17.7	16:40.6	20:58.7			24:56.0	3:42.2
10	137	JANSONS Māris	1987	3:55.1	8:07.5	12:25.9	16:51.9	21:17.1			25:36.2	4:22.4
11	92	VEISPALS Mārtiņš	1990	3:57.2	8:15.1	12:40.3	17:03.5	21:29.8			25:40.7	4:26.9
12	74	HABERMANIS Andris	1986	3:50.8	8:06.8	12:36.7	17:05.1	21:35.3			25:47.6	4:33.8
13	94	VEISPALS Valters	1995	4:20.7	9:12.1	14:03.0	18:53.8	23:46.6			28:19.9	7:06.1
14	111	CAUKA Ivo		4:27.5	9:18.8	14:15.6	19:22.2	24:30.3			29:21.5	8:07.7
15	119	BIKOVIČS Endijs		4:22.5	9:29.8	14:23.1	19:21.6	24:29.4			29:32.7	8:18.9
16	43	BIKSE Edgars	1991	4:29.5	9:13.9	14:05.9	19:16.1	24:35.6			29:33.2	8:19.4
17	42	PAPENKOVŠ Aleksandrs	1983	4:34.8	9:31.2	14:28.7	19:44.1	24:57.3			29:55.9	8:42.1
18	10	KUCINS Mārtiņš	1994	4:33.0	9:28.9	14:40.2	20:26.1	26:12.1			31:39.4	10:25.6
19	123	UPĪTIS Mārtiņš		4:38.4	10:10.1	16:19.6	22:21.9	28:32.6			33:44.2	12:30.4

S21

1	73	ALBERTE HABERMANE Madara	1988	3:59.9	8:25.3	12:51.7	17:20.5	21:53.6			26:21.4	
2	96	KONDRATOVA Daniela	1994	4:08.2	8:38.5	13:07.1	17:34.2	22:15.9			26:45.3	23.9
3	16	DROZDOVA Arina	1985	5:11.2	10:23.8	15:34.5	20:51.3	26:05.8			31:07.7	4:46.3
4	46	PĪLĀDZE Inga	1986	4:55.8	10:16.7	15:31.2	20:50.9	26:09.5			31:20.5	4:59.1





Rank	Bib	Name	Year	Inter 1	Inter 2	Inter 3	Inter 4	Inter 5	Inter 6	Inter 7	Time	Gap
V35												
1	102	ZUČIKS Zigmārs	1980	3:27.1	7:08.0	10:50.8	14:26.8	18:03.7			21:38.1	
2	100	ROŽĪTIS Andris	1978	3:27.6	7:08.6	10:50.0	14:28.1	18:08.3			21:46.5	8.4
3	4	SAVICKIS Māris	1978	3:25.1	7:03.3	10:49.5	14:33.0	18:15.4			21:51.3	13.2
4	93	ĀBOLIŅŠ Imants	1977	3:30.1	7:12.7	10:59.0	14:45.9	18:39.1			22:28.4	50.3
5	50	ZALUPE Kristaps	1976	3:32.6	7:19.3	11:11.0	15:02.4	18:55.7			22:44.8	1:06.7
6	114	ŽUNDA Vjačeslavs		3:55.0	7:59.9	11:59.7	16:02.4	20:06.0			24:28.5	2:50.4
7	20	EGLE Kristaps	1977	3:48.1	7:55.3	12:03.9	16:23.9	20:43.6			24:49.8	3:11.7
8	64	ZONNE Oskars	1981	4:01.5	8:14.8	12:23.7	16:39.3	20:49.2			24:56.0	3:17.9
9	62	SEROVS Aleksandrs	1979	3:47.1	7:54.4	12:08.4	16:34.6	20:59.7			25:19.8	3:41.7
10	21	VILUMS Roberts	1980	4:12.7	8:31.8	12:48.8	17:07.5	21:31.4			25:49.2	4:11.1
11	29	KARPOVS Andris	1981	4:02.7	8:27.7	12:55.1	17:33.0	22:09.8			26:44.4	5:06.3
12	5	CIBUĻSKIS Aigars	1979	4:20.5	9:02.6	13:52.4	18:40.0	23:49.0			28:15.3	6:37.2
13	31	BALODIS Edgars	1977	4:30.2	9:18.2	14:16.9	19:15.3	24:19.0			29:02.4	7:24.3
14	136	ZEMĪTIS Uvis	1974	4:31.4	9:18.5	14:17.1	19:15.4	24:19.4			29:03.2	7:25.1
15	128	KANCĪTIS Agris		5:01.0	10:26.3	15:56.9	21:41.9	27:19.5			32:45.5	11:07.4

S35												
1	81	KATLAPA Linda	1976	3:33.9	7:17.4	11:05.3	14:56.6				18:46.0	
2	91	STESELE Kitija	1975	3:35.6	7:21.4	11:18.1	15:15.4				19:02.0	16.0
3	117	ZALUPE Sandija		4:21.8	8:59.2	13:33.4	18:06.7				22:28.7	3:42.7

V45												
1	39	BIRKENTĀLS Mareks	1971	3:20.5	6:47.7	10:16.1	13:44.0	17:12.1			20:36.9	
2	14	PUTNIS Daumants	1970	3:21.2	6:48.4	10:17.6	13:47.1	17:17.5			20:49.7	12.8
3	106	KĀRKLĪŅŠ Kaspars	1972	3:23.3	6:57.3	10:38.7	14:19.5	18:01.6			21:36.7	59.8
4	55	DĀLDERS Ojārs	1972	3:26.5	7:19.2	11:18.9	15:20.0	19:24.6			23:15.2	2:38.3
5	38	JANKOVSKIS Girts	1970	3:38.4	7:34.0	11:33.9	15:31.7	19:31.7			23:19.7	2:42.8
6	35	ZĪVERS Guntis	1970	3:51.7	8:01.3	12:13.5	16:25.2	20:36.1			24:32.0	3:55.1
7	72	SAVICKIS Aigars	1963	4:00.8	8:10.0	12:16.9	16:24.4	20:36.7			24:37.9	4:01.0
8	53	MEŽULIS Ansis	1971	4:13.5	8:29.9	12:47.5	17:07.0	21:24.2			25:31.5	4:54.6
9	115	LIEPIŅŠ Didzis		4:04.8	8:34.2	13:07.5	17:51.7	22:35.7			27:07.4	6:30.5
10	18	OZOLS Uģis	1967	4:10.8	8:53.8	13:39.3	18:18.0	23:03.5			27:32.1	6:55.2
11	51	MIKELSONS Uldis	1966	4:07.7	8:46.7	13:27.3	18:15.8	23:12.2			27:59.5	7:22.6
12	131	PATMALNIEKS Gundars	1963	4:30.0	9:16.1	14:01.5	18:47.0	23:42.6			28:13.2	7:36.3
13	90	ABRAMOVŠ Anatolijs	1972	5:00.9	10:28.6	16:03.7	21:48.0	27:24.4			32:51.1	12:14.2

S45												
1	68	LAPIŅA Laura	1971	3:28.2	7:09.5	10:51.0	14:34.9				18:12.9	
2	85	LEIMANE Žanete	1967	3:35.1	7:27.2	11:24.7	15:16.8				19:13.7	1:00.8
3	40	BIRKENTĀLA Raivita	1971	3:48.7	7:50.7	11:55.0	15:58.8				19:54.8	1:41.9
4	84	ZĀLĪTE Elita	1967	3:41.8	7:45.9	11:54.3	16:01.1				19:57.9	1:45.0

V55												
1	121	ZUNDA Antis		3:07.5	6:31.3	9:56.3	13:19.5				16:37.9	
2	113	SEDLENIEKS Ivars		3:26.5	7:06.8	10:49.4	14:22.1				17:53.0	1:15.1
3	61	SEROVS Pēteris	1953	3:25.9	7:06.0	10:48.6	14:35.4				18:29.9	1:52.0
4	59	KOKS Guntis	1956	3:43.4	7:41.1	11:38.7	15:41.1				19:32.8	2:54.9





Rank	Bib	Name	Year	Inter 1	Inter 2	Inter 3	Inter 4	Inter 5	Inter 6	Inter 7	Time	Gap
5	56	ŽUGRIS Aivars	1961	4:19.8	8:39.1	13:09.6	17:31.0				21:43.1	5:05.2
6	71	MEDNIS Vilis	1951	4:16.3	8:44.4	13:18.6	17:58.2				22:32.0	5:54.1
7	118	ZALUPE Sergejs		4:34.8	9:26.1	14:16.2	19:05.1				23:40.2	7:02.3
8	60	GROZA Valdis	1962	5:26.4	11:43.0	18:13.0	24:47.0				31:05.6	14:27.7

S55

1	104	VĪKSNA Anda	1961	4:35.4	9:45.1	14:54.0	20:13.2				25:19.0	
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Vj

1	54	KRĪGERS Kalvis Kristers	2000	2:49.7	5:49.7	8:53.7	11:58.9				14:58.7	
2	26	KĀRKLĪŠŠ Kristaps	1999	2:51.2	5:54.9	9:15.9	12:43.0				16:10.0	1:11.3
3	25	VEITS Oskars	2002	3:05.8	6:30.4	9:59.6	13:25.4				16:39.2	1:40.5
4	8	VĪTOLS Jēkabs	2001	3:05.1	6:32.0	9:58.4	13:24.8				16:44.5	1:45.8
5	109	VINOGRADOVS Markuss		3:12.5	6:45.9	10:23.5	14:06.0				17:48.2	2:49.5
6	75	BRUNERS Kristaps	1999	3:32.9	7:20.4	11:18.9	15:10.6				18:59.6	4:00.9
7	27	SIRMAIS Rūdolfs	2002	3:44.3	7:45.7	11:53.1	15:54.4				19:34.8	4:36.1
8	78	LŪKINS Ronalds	2002	3:43.7	7:50.4	11:54.0	15:53.7				19:57.0	4:58.3
9	97	STESELIS Renārs	2002	3:49.3	8:08.7	12:36.2	17:09.8				21:36.6	6:37.9

Sj

1	24	BRUNERE Kristīne	2002	3:11.3	6:29.8	9:59.1	13:26.1				16:47.1	
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Vz

1	30	PAEGLIS Rainers	2003	3:11.1	6:34.1						9:55.2	
2	116	JAUNBĒRZIŅŠ Oskars		3:06.3	6:51.6						10:32.4	37.2
3	87	ENDE Dāvis	2004	3:45.7	7:35.6						11:17.5	1:22.3
4	69	KALNIŅŠ Dāvis	2007	3:59.2	7:57.6						11:58.4	2:03.2
5	70	NEIMANIS Edvards	2004	3:56.5	8:04.1						12:03.3	2:08.1
6	89	KĀRKLĪŠŠ Helvījs- Jānis	2005	3:56.9	7:59.1						12:20.9	2:25.7
7	76	BILĀNS Bruno	2007	3:58.3	8:13.7						12:24.8	2:29.6
8	79	VEĢERIS Francis Daniels	2003	4:02.0	8:18.6						12:25.4	2:30.2
9	63	VILKĀJS Emīls	2006	4:18.3	8:53.3						13:15.5	3:20.3
10	80	VEĢERIS Maksis Maksimiliāns	2003	4:37.9	9:40.3						14:34.2	4:39.0

Sm

1	28	TURAUŠKA Sindija	2003	3:48.0	8:00.5						11:58.3	
2	37	JANKOVSKA Laura	2005	4:01.9	8:15.9						12:11.4	13.1
3	126	ANDŽĀNE Marta		6:28.5	13:00.2						19:02.5	7:04.2

Category: OPEN / Gender: Women

1	107	KRIEVIŅA Ilze	1978	4:45.8	9:46.8	14:44.6	19:47.9				24:49.9	
2	12	TOMA Agrita	2000	4:48.0	10:02.3	15:21.2	20:43.7				26:00.1	1:10.2
2	11	AMOLIŅA Agnese	1979	4:52.7	10:07.6	15:20.1	20:42.9				26:00.1	1:10.2





Rank	Bib	Name	Year	Inter 1	Inter 2	Inter 3	Inter 4	Inter 5	Inter 6	Inter 7	Time	Gap
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Category: OPEN / Gender: Men

1	122	KĻAVIŅŠ Sandijs		3:23.9	6:53.3	10:24.3	13:53.7				17:12.3	
2	88	GRIĶIS Aivars	1977	3:13.5	6:45.9	10:18.4	13:50.3				17:14.0	1.7
3	1	LĀCIS Mareks	1977	3:17.9	6:46.3	10:19.0	13:53.3				17:25.8	13.5
4	3	VĪTOLS Jānis	1989	3:18.6	6:47.3	10:20.9	14:02.1				17:29.9	17.6
5	83	BUKŠS Vilmārs	1970	3:24.5	7:15.0	11:11.0	15:08.1				18:55.2	1:42.9
6	7	BALODIS Edgars	1978	3:43.4	7:41.2	11:40.0	15:40.7				19:26.2	2:13.9
7	2	MILČS Normunds	1979	3:40.7	7:36.9	11:39.2	15:39.9				19:32.2	2:19.9
8	6	LIELMEŽS Ģirts	1977	3:39.8	7:43.0	11:42.2	15:43.1				19:37.5	2:25.2
9	44	DROZDS Kaspars	1989	3:49.4	7:55.4	12:08.4	16:26.1				20:27.2	3:14.9
10	32	VDOVICENKO Juris	1982	3:45.5	7:51.3	12:12.6	16:30.9				20:34.4	3:22.1
11	99	DANIĻĒVIČS Jānis	1983	3:48.5	8:01.1	12:22.0	16:32.0				20:54.0	3:41.7
12	65	BJALKOVSKIS Ernests	1989	4:14.4	8:44.9	13:05.7	17:31.9				21:49.4	4:37.1
13	58	SILIŅŠ Uldis	1962	5:26.6	11:25.8	17:58.7	24:15.7				30:18.5	13:06.2

