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| **S4 (4)** | **400 m bērni** | **0,4 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 3 | Kate Lejiņa | Carnikavas novads | 2:14 | 0:00 |
| 2 | 100 | Egija Natālija Garā | Carnikavas novads | 2:40 | +0:26 |
| 3 | 1 | Zane Jākobsone | Carnikavas novads | 5:33 | +3:19 |
| 4 | 2 | Maija Filipsone | Carnikavas novads | 6:44 | +4:30 |
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| **V4 (3)** | **400 m bērni** | **0,4 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 5 | Valters Blūme | Carnikavas novads | 2:42 | 0:00 |
| 2 | 6 | Gustavs Kalme | Carnikavas novads | 3:58 | +1:16 |
| 3 | 7 | Marks Golubovskis | Rīga | 4:04 | +1:22 |
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| **S6 (7)** | **400 m bērni** | **0,4 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 14 | Monta Daņiļēviča | Rīga/Carnikava | 1:44 | 0:00 |
| 2 | 13 | Beatrice Sproģe | Carnikavas novads | 1:49 | +0:05 |
| 3 | 159 | Amanda Kampāne | Carnikavas novads | 2:06 | +0:22 |
| 4 | 158 | Alise Kampāne | Carnikavas novads | 2:09 | +0:25 |
| 5 | 15 | Kate Kaufmane | Carnikavas novads | 2:50 | +1:06 |
| 6 | 9 | Danija Gubāte | Carnikavas novads | 2:54 | +1:10 |
| 7 | 12 | Madara Paula Spoģe | Carnikavas novads | 3:10 | +1:26 |
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| **V6 (3)** | **400 m bērni** | **0,4 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 17 | Edvards Krūms | Carnikavas novads | 1:46 | 0:00 |
| 2 | 16 | Gustavs Graudiņš | Carnikavas novads | 1:59 | +0:13 |
| 3 | 18 | Pavels Trescinskis | Rīga | 2:55 | +1:09 |
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| **S8 (7)** | **800 m bērni** | **0,8 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 24 | Kjāra Paula Želubovska | Rīga | 3:11 | 0:00 |
| 2 | 19 | Elza Jākobsone | Carnikavas novads | 3:31 | +0:20 |
| 3 | 22 | Nadīna Blūme | Carnikavas novads | 4:10 | +0:59 |
| 4 | 20 | Alise Gemma | Carnikavas novads | 4:14 | +1:03 |
| 5 | 21 | Megija Gubāte | Carnikavas novads | 4:15 | +1:04 |
| 6 | 23 | Madara Pāķe | Saulkrasti | 4:36 | +1:25 |
| 7 | 102 | Vanesa Veigure | Aizkraukle | 5:22 | +2:11 |
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| **V8 (7)** | **800 m bērni** | **0,8 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 29 | Kaspars Jubelis | Rīgas Sergeja Žoltoka vidussko | 3:04 | 0:00 |
| 2 | 30 | Linards Prombergs | Carnikavas novads | 3:30 | +0:26 |
| 3 | 26 | Andrejs Mereņano | Carnikava | 4:09 | +1:05 |
| 4 | 28 | Aleksis Kalme | Carnikavas novads | 4:16 | +1:12 |
| 5 | 157 | Alekss Kampāns | Carnikavas novads | 4:17 | +1:13 |
| 6 | 31 | Jēkabs Bruiko | Ādaži | 4:18 | +1:14 |
| 7 | 101 | Niks Melbārdis | Aizkraukle | 4:59 | +1:55 |
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| **S10 (4)** | **800 m bērni** | **0,8 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 36 | Lelde Pāķe | Saulkrasti | 3:26 | 0:00 |
| 2 | 33 | Marta Marija Birzkope | Carnikavas novads | 3:34 | +0:08 |
| 3 | 35 | Paula Dzene | Rīga | 3:42 | +0:16 |
| 4 | 32 | Marta Janķēvica | Carnikavas novads | 3:52 | +0:26 |
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| **V10 (7)** | **800 m bērni** | **0,8 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 38 | Rūdolfs Graudiņš | Carnikavas novads | 3:06 | 0:00 |
| 2 | 37 | Roberts Graudiņš | Carnikavas novads | 3:07 | +0:01 |
| 3 | 41 | Krišjānis Lejiņš | Carnikavas novads | 3:08 | +0:02 |
| 4 | 43 | Endijs Ralfs Želubovskis | Carnikavas novads | 3:09 | +0:03 |
| 5 | 40 | Mikus Daņiļēvičs | Rīga/Carnikava | 3:10 | +0:04 |
| 6 | 42 | Linards Līcītis | Carnikavas novads | 3:32 | +0:26 |
| 7 | 39 | Kristers Raipulis | ? | 3:35 | +0:29 |
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| **S12 (1)** | **3km Veselības aplis** | **3,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 44 | Luīze Līcīte | Carnikavas novads | 14:49 | 0:00 |
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| **S14 (2)** | **3km Veselības aplis** | **3,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 46 | Linda Blūme | Carnikavas novads | 12:30 | 0:00 |
| 2 | 45 | Monta Promberga | Carnikavas novads | 12:31 | +0:01 |
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| **V14 (1)** | **3km Veselības aplis** | **3,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 49 | Jānis Šalts | Ādaži | 13:57 | 0:00 |
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| **V16 (1)** | **6.5km Tautas aplis** | **6,5 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 51 | Reinis Jurjāns | ? | 31:58 | 0:00 |
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| **S18 (1)** | **6.5km Tautas aplis** | **6,5 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 52 | Sabīne Lūkina | Carnikavas novads | 34:02 | 0:00 |
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| **S Elite (3)** | **15km Meža aplis** | **15,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 162 | Ināra Lūse | Carnikavas novads | 1:05:56 | 0:00 |
| 2 | 161 | Dārta Indriksone | Rīga | 1:23:53 | +17:57 |
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|  | 164 | Dzintra Skārda | Aizkraukle | dnf |  |
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| **V Elite (3)** | **15km Meža aplis** | **15,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 165 | Reinis Ronis | Carnikavas novads | 56:20 | 0:00 |
| 2 | 169 | Roberts Eglītis | Rīga | 1:03:20 | +7:00 |
| 3 | 168 | Ivo Krupenkovs | Carnikavas novads | 1:17:34 | +21:14 |
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| **S Tauta (5)** | **6.5km Tautas aplis** | **6,5 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 64 | Sniga Promberga | Carnikavas novads | 36:28 | 0:00 |
| 2 | 63 | Jūlija Čerešņeva | Carnikavas novads | 36:51 | +0:23 |
| 3 | 177 | Rita Jansone | Carnikavas novads | 38:36 | +2:08 |
| 4 | 171 | Zane Dzene | Rīga | 38:43 | +2:15 |
| 5 | 48 | Viktorija Čuhalova | Rīga | 40:30 | +4:02 |
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| **V Tauta (11)** | **6.5km Tautas aplis** | **6,5 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 166 | Lauris Rodionovs | Carnikavas novads | 25:45 | 0:00 |
| 2 | 75 | Eduards Pāķis | Saulkrasti | 26:13 | +0:28 |
| 3 | 104 | Kārlis Gerasimenko | Carnikavas novads | 27:33 | +1:48 |
| 4 | 180 | Haralds Jansons | Carnikavas novads | 27:47 | +2:02 |
| 5 | 176 | Viesturs Kalme | Carnikavas novads | 30:45 | +5:00 |
| 6 | 69 | Rinalds Graudiņš | Carnikavas novads | 31:08 | +5:23 |
| 7 | 66 | Kaspars Grīnbergs | Rīga | 32:41 | +6:56 |
| 8 | 67 | Raimonds Garenčiks | Carnikavas novads | 32:45 | +7:00 |
| 9 | 73 | Gatis Galejs | Carnikavas novads | 33:10 | +7:25 |
| 10 | 105 | Oskars Šulcs | Carnikavas novads | 34:25 | +8:40 |
| 11 | 70 | Jānis Spoģis | Carnikavas novads | 37:58 | +12:13 |
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| **S30 (2)** | **15km Meža aplis** | **15,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 172 | Kristīne-Estere Lūse | Carnikavas novads | 1:07:58 | 0:00 |
| 2 | 173 | Laura Kalniņa | Rīga | 1:21:59 | +14:01 |
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| **V30 (2)** | **15km Meža aplis** | **15,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 175 | Vjačeslavs Žunda | Rīga | 1:02:13 | 0:00 |
| 2 | 174 | Haralds Prombergs | Carnikavas novads | 1:10:04 | +7:51 |
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| **V40 (4)** | **15km Meža aplis** | **15,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 178 | Dmitrijs Čuhalovs | Rīga | 1:04:15 | 0:00 |
| 2 | 179 | Deniss Gorba | Rīga | 1:07:03 | +2:48 |
| 3 | 181 | Ainārs Skrubis | Carnikavas novads | 1:11:16 | +7:01 |
| 4 | 182 | Guntis Zālītis | ? | 1:14:33 | +10:18 |
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| **S50 (3)** | **6.5km Tautas aplis** | **6,5 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 90 | Inita Bistrova | Ogre | 29:02 | 0:00 |
| 2 | 88 | Mudīte Rītere | Ogres Slēpotāju Klubs | 29:17 | +0:15 |
| 3 | 89 | Zinaida Grīnberga | Rīga | 39:56 | +10:54 |
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| **V50 (2)** | **6.5km Tautas aplis** | **6,5 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 92 | Valerijs Jegorovs | Rīga | 24:23 | 0:00 |
| 2 | 91 | Vilnis Liepiņš | Carnikavas novads | 29:36 | +5:13 |
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| **V60 (1)** | **3km Veselības aplis** | **3,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 103 | Vilnis Liepiņš | Carnikavas novads | 11:09 | 0:00 |
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| **V70 (1)** | **3km Veselības aplis** | **3,0 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 93 | Janis Kapralis | ? | 14:59 | 0:00 |
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| **100kg+ (2)** | **6.5km Tautas aplis** | **6,5 km** | **0 C** |  |

| Pl | Stno | Name | Club | Time | Diff. |  |
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| 1 | 95 | Inesis Babāns | Ogres Slēpotāju Klubs | 32:23 | 0:00 |
| 2 | 94 | Dailis Gubāts | Carnikavas novads | 37:59 | +5:36 |
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