

| Rank       | Bib | Code    | Name                          | Year | Nation | Club   | Time           | Gap    | Points |
|------------|-----|---------|-------------------------------|------|--------|--------|----------------|--------|--------|
| <b>Men</b> |     |         |                               |      |        |        |                |        |        |
| 1          | 8   | 3550225 | <b>KAPARKALĒJS Lauris</b>     | 2003 | LAT    | Madona | <b>31:32.9</b> |        | 0,00   |
| 2          | 11  | 3550226 | <b>ĻŪLE Aleksandrs Artūrs</b> | 2002 | LAT    | Rīga   | <b>32:02.8</b> | 29.9   | 12,64  |
| 3          | 9   | 3550231 | <b>KRAMPE Bruno</b>           | 2003 | LAT    | Rīga   | <b>33:08.5</b> | 1:35.6 | 40,40  |
| 4          | 10  | 3550219 | <b>AKMENTIŅŠ Uvis</b>         | 2002 | LAT    | Madona | <b>34:47.2</b> | 3:14.3 | 82,12  |
| 5          | 6   | 3550249 | <b>ŠVAUKSTS Silvestrs</b>     | 2004 | LAT    | Madona | <b>35:08.6</b> | 3:35.7 | 91,16  |
| 6          | 7   | 3550248 | <b>SINĀTS Gustavs</b>         | 2004 | LAT    | Madona | <b>36:18.8</b> | 4:45.9 | 120,83 |

**Women**

|   |   |         |                           |      |     |         |                |        |        |
|---|---|---------|---------------------------|------|-----|---------|----------------|--------|--------|
| 1 | 4 | 3555085 | <b>BRUNERE Kristīne</b>   | 2002 | LAT | Sigulda | <b>20:38.0</b> |        | 0,00   |
| 2 | 5 | 3555083 | <b>KRAMPE Samanta</b>     | 2003 | LAT | Rīga    | <b>21:14.8</b> | 36.8   | 23,78  |
| 3 | 1 | 3555092 | <b>BĒRZIŅA Katrīna</b>    | 2004 | LAT | Madona  | <b>21:45.0</b> | 1:07.0 | 43,30  |
| 4 | 3 | 3555086 | <b>KRŪMIŅA Kīma</b>       | 2002 | LAT | Madona  | <b>22:56.2</b> | 2:18.2 | 89,31  |
| 5 | 2 | 3555087 | <b>PRIEDE Marta Klēra</b> | 2002 | LAT | Cēsis   | <b>23:44.6</b> | 3:06.6 | 120,58 |

| Rank | Bib | Name | Inter 1 | Inter 2 | Inter 3 | Inter 4 | Inter 5 | Inter 6 | Inter 7 | Inter 8 | Inter 9 | Inter 10 | Time | Gap |
|------|-----|------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|------|-----|
|------|-----|------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|------|-----|

### Men 9,9 km (900 m x11)

|   |    |                        |            |            |            |             |             |             |             |             |             |             |                |        |
|---|----|------------------------|------------|------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|----------------|--------|
| 1 | 8  | KAPARKALĒJS Lauris     | 2:23.6 (2) | 5:08.2 (2) | 7:55.6 (2) | 10:50.9 (2) | 13:46.9 (2) | 16:43.2 (2) | 19:42.9 (2) | 22:41.4 (1) | 25:35.7 (1) | 28:35.2 (1) | <b>31:32.9</b> |        |
| 2 | 11 | ĻŪĻE Aleksandrs Artūrs | 2:17.9 (1) | 4:59.5 (1) | 7:45.6 (1) | 10:37.3 (1) | 13:33.3 (1) | 16:29.1 (1) | 19:32.6 (1) | 22:44.4 (2) | 25:51.4 (2) | 29:05.2 (2) | <b>32:02.8</b> | 29.9   |
| 3 | 9  | KRAMPE Bruno           | 2:34.9 (4) | 5:32.2 (4) | 8:32.0 (4) | 11:33.7 (3) | 14:36.7 (3) | 17:40.7 (3) | 20:47.7 (3) | 23:55.4 (3) | 27:01.0 (3) | 30:07.1 (3) | <b>33:08.5</b> | 1:35.6 |
| 4 | 10 | AKMENTIŅŠ Uvis         | 2:32.5 (3) | 5:25.7 (3) | 8:25.8 (3) | 11:35.3 (4) | 14:44.4 (4) | 17:57.8 (4) | 21:16.6 (4) | 24:37.5 (4) | 28:07.6 (4) | 31:32.1 (4) | <b>34:47.2</b> | 3:14.3 |
| 5 | 6  | ŠVAUKSTS Silvestrs     | 2:45.6 (5) | 5:49.0 (5) | 8:56.9 (5) | 12:12.3 (5) | 15:28.5 (5) | 18:44.3 (5) | 22:00.1 (5) | 25:15.5 (5) | 28:31.2 (5) | 31:51.9 (5) | <b>35:08.6</b> | 3:35.7 |
| 6 | 7  | SINĀTS Gustavs         | 2:53.7 (6) | 6:07.8 (6) | 9:24.9 (6) | 12:41.3 (6) | 16:00.6 (6) | 19:24.9 (6) | 22:46.3 (6) | 26:15.5 (6) | 29:37.8 (6) | 33:01.1 (6) | <b>36:18.8</b> | 4:45.9 |

| Rank | Bib | Name | Inter 1 | Inter 2 | Inter 3 | Inter 4 | Inter 5 | Time | Gap |
|------|-----|------|---------|---------|---------|---------|---------|------|-----|
|------|-----|------|---------|---------|---------|---------|---------|------|-----|

**Women 5,4 km (900 m x 6)**

|   |   |                    |            |            |             |             |             |                |        |
|---|---|--------------------|------------|------------|-------------|-------------|-------------|----------------|--------|
| 1 | 4 | BRUNERE Kristīne   | 2:59.7 (2) | 6:22.4 (1) | 9:53.9 (1)  | 13:29.1 (1) | 17:06.1 (1) | <b>20:38.0</b> |        |
| 2 | 5 | KRAMPE Samanta     | 2:52.6 (1) | 6:25.1 (2) | 9:59.8 (2)  | 13:40.2 (2) | 17:31.5 (2) | <b>21:14.8</b> | 36.8   |
| 3 | 1 | BĒRZIŅA Katrīna    | 3:08.0 (3) | 6:48.3 (3) | 10:30.2 (3) | 14:14.1 (3) | 18:00.3 (3) | <b>21:45.0</b> | 1:07.0 |
| 4 | 3 | KRŪMIŅA Kīma       | 3:09.5 (4) | 6:54.1 (4) | 10:48.8 (4) | 14:55.5 (4) | 18:59.0 (4) | <b>22:56.2</b> | 2:18.2 |
| 5 | 2 | PRIEDE Marta Klēra | 3:15.3 (5) | 7:11.5 (5) | 11:14.8 (5) | 15:24.5 (5) | 19:37.0 (5) | <b>23:44.6</b> | 3:06.6 |

| Rank | Bib | Name | Sector 1 | Sector 2 | Sector 3 | Sector 4 | Sector 5 | Sector 6 | Sector 7 | Sector 8 | Sector 9 | Sector 10 | Sector 11 | Time | Gap |
|------|-----|------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|------|-----|
|------|-----|------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|------|-----|

**Men 9,9 km (900 m x11)**

|   |    |                        |            |            |            |            |            |            |            |            |            |            |            |                |        |
|---|----|------------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|----------------|--------|
| 1 | 8  | KAPARKALĒJS Lauris     | 2:23.6 (2) | 2:44.6 (2) | 2:47.4 (2) | 2:55.3 (2) | 2:56.0 (1) | 2:56.3 (2) | 2:59.7 (1) | 2:58.5 (1) | 2:54.3 (1) | 2:59.5 (1) | 2:57.7 (2) | <b>31:32.9</b> |        |
| 2 | 11 | ĻŪLE Aleksandrs Artūrs | 2:17.9 (1) | 2:41.6 (1) | 2:46.1 (1) | 2:51.7 (1) | 2:56.0 (1) | 2:55.8 (1) | 3:03.5 (2) | 3:11.8 (3) | 3:07.0 (3) | 3:13.8 (3) | 2:57.6 (1) | <b>32:02.8</b> | 29.9   |
| 3 | 9  | KRAMPE Bruno           | 2:34.9 (4) | 2:57.3 (4) | 2:59.8 (3) | 3:01.7 (3) | 3:03.0 (3) | 3:04.0 (3) | 3:07.0 (3) | 3:07.7 (2) | 3:05.6 (2) | 3:06.1 (2) | 3:01.4 (3) | <b>33:08.5</b> | 1:35.6 |
| 4 | 10 | AKMENTIŅŠ Uvis         | 2:32.5 (3) | 2:53.2 (3) | 3:00.1 (4) | 3:09.5 (4) | 3:09.1 (4) | 3:13.4 (4) | 3:18.8 (5) | 3:20.9 (5) | 3:30.1 (6) | 3:24.5 (6) | 3:15.1 (4) | <b>34:47.2</b> | 3:14.3 |
| 5 | 6  | ŠVAUKSTS Silvestrs     | 2:45.6 (5) | 3:03.4 (5) | 3:07.9 (5) | 3:15.4 (5) | 3:16.2 (5) | 3:15.8 (5) | 3:15.8 (4) | 3:15.4 (4) | 3:15.7 (4) | 3:20.7 (4) | 3:16.7 (5) | <b>35:08.6</b> | 3:35.7 |
| 6 | 7  | SINĀTS Gustavs         | 2:53.7 (6) | 3:14.1 (6) | 3:17.1 (6) | 3:16.4 (6) | 3:19.3 (6) | 3:24.3 (6) | 3:21.4 (6) | 3:29.2 (6) | 3:22.3 (5) | 3:23.3 (5) | 3:17.7 (6) | <b>36:18.8</b> | 4:45.9 |

| Rank                            | Bib | Name               | Sector 1   | Sector 2   | Sector 3   | Sector 4   | Sector 5   | Sector 6   | Time           | Gap    |
|---------------------------------|-----|--------------------|------------|------------|------------|------------|------------|------------|----------------|--------|
| <b>Women 5,4 km (900 m x 6)</b> |     |                    |            |            |            |            |            |            |                |        |
| 1                               | 4   | BRUNERE Kristīne   | 2:59.7 (2) | 3:22.7 (1) | 3:31.5 (1) | 3:35.2 (1) | 3:37.0 (1) | 3:31.9 (1) | <b>20:38.0</b> |        |
| 2                               | 5   | KRAMPE Samanta     | 2:52.6 (1) | 3:32.5 (2) | 3:34.7 (2) | 3:40.4 (2) | 3:51.3 (3) | 3:43.3 (2) | <b>21:14.8</b> | 36.8   |
| 3                               | 1   | BĒRZIŅA Katrīna    | 3:08.0 (3) | 3:40.3 (3) | 3:41.9 (3) | 3:43.9 (3) | 3:46.2 (2) | 3:44.7 (3) | <b>21:45.0</b> | 1:07.0 |
| 4                               | 3   | KRŪMIŅA Kīma       | 3:09.5 (4) | 3:44.6 (4) | 3:54.7 (4) | 4:06.7 (4) | 4:03.5 (4) | 3:57.2 (4) | <b>22:56.2</b> | 2:18.2 |
| 5                               | 2   | PRIEDE Marta Klēra | 3:15.3 (5) | 3:56.2 (5) | 4:03.3 (5) | 4:09.7 (5) | 4:12.5 (5) | 4:07.6 (5) | <b>23:44.6</b> | 3:06.6 |