

# LRF kauss individuālajā braucienā 2023

## REZULTĀTI PA DISTANCĒM

**4 APĻI (21.6 KM)**

| V  | Num | VG | Grupa                              | Vārds             | Uzvārds      | Apļi | Laiks     | +/-     | km/h | Pārstāv   |
|----|-----|----|------------------------------------|-------------------|--------------|------|-----------|---------|------|---|
| 1  | 278 | 1  | Vīrieši ELITE/U23                  | Alekss            | Krasts       | 4    | 0:25:58.5 |         | 49.9 | Tartu2024 Cycling Team                                  |
| 2  | 192 | 1  | Master 4<br>(1969.-1973.dz.g.)     | Ģirts             | Vēvers       | 4    | 0:26:59.2 | +1:00.6 | 48.0 | Goldingen Cycling Team                                  |
| 3  | 286 | 2  | Vīrieši ELITE/U23                  | Kristiāns         | Belohvoščiks | 4    | 0:27:00.7 | +1:02.2 | 48.0 | UC Monaco/RRS   |
| 4  | 297 | 1  | Open vīrieši<br>(1989.-2004.dz.g.) | Ģirts             | Cirvelis     | 4    | 0:27:16.5 | +1:17.9 | 47.5 | ROADX   |
| 5  | 230 | 1  | Master 1<br>(1984.-1988.dz.g.)     | Artis             | Roze         | 4    | 0:27:37.3 | +1:38.8 | 46.9 | Dobeles Dzirnāvisks FeelFree                            |
| 6  | 290 | 3  | Vīrieši ELITE/U23                  | Kārlis            | Klismets     | 4    | 0:27:40.8 | +1:42.2 | 46.8 | Dobeles dzirnāvisks/feelfree                            |
| 7  | 241 | 1  | Juniori U18<br>(2005.-2006.dz.g.)  | Ralfs             | Vistiņš      | 4    | 0:27:42.7 | +1:44.2 | 46.8 | MSĢ / Dobeles SS  |
| 8  | 266 | 2  | Juniori U18<br>(2005.-2006.dz.g.)  | Gusts             | Lapiņš       | 4    | 0:27:53.7 | +1:55.2 | 46.5 | Watersley Race &<br>Development Cycling Team            |
| 9  | 253 | 3  | Juniori U18<br>(2005.-2006.dz.g.)  | Olivers<br>Jēkabs | Skrāpcis     | 4    | 0:28:01.2 | +2:02.7 | 46.3 | MSĢ/ Velolifestyle Smiltene<br>BJSS                     |
| 10 | 229 | 2  | Master 1<br>(1984.-1988.dz.g.)     | Arvis             | Sprude       | 4    | 0:28:06.5 | +2:08.0 | 46.1 | Goldingen Cycling Team                                  |
| 11 | 255 | 4  | Juniori U18<br>(2005.-2006.dz.g.)  | Valters           | Tams         | 4    | 0:28:09.6 | +2:11.1 | 46.0 | Dobeles<br>dzirnāvisks/FeelFree/Dobeles<br>sporta skola |
| 12 | 254 | 5  | Juniori U18<br>(2005.-2006.dz.g.)  | Rīks              | Sipovičs     | 4    | 0:28:12.8 | +2:14.3 | 45.9 | Dobeles<br>dzirnāvisks/FeelFree/Dobeles<br>sporta skola |
| 13 | 244 | 6  | Juniori U18<br>(2005.-2006.dz.g.)  | Dāvis             | Gludavs      | 4    | 0:28:19.4 | +2:20.8 | 45.8 | MSĢ / RK Liepāja  |
| 14 | 252 | 7  | Juniori U18<br>(2005.-2006.dz.g.)  | Ģirts             | Harkins      | 4    | 0:28:22.6 | +2:24.0 | 45.7 | MSĢ/ Velolifestyle Smiltene<br>BJSS                     |
| 15 | 273 | 4  | Vīrieši ELITE/U23                  | Agris             | Vindcs       | 4    | 0:28:34.6 | +2:36.1 | 45.4 | Dobeles dzirnāvisks/FeelFree                            |
| 16 | 292 | 5  | Vīrieši ELITE/U23                  | Rihards           | Reinfelds    | 4    | 0:28:36.1 | +2:37.6 | 45.3 | Dobeles dzirnāvisks/FeelFree                            |
| 17 | 282 | 6  | Vīrieši ELITE/U23                  | Kristers          | Kovgers      | 4    | 0:28:43.9 | +2:45.4 | 45.1 | DAKO Ziemeļvidzeme                                      |
| 18 | 269 | 8  | Juniori U18<br>(2005.-2006.dz.g.)  | Markuss           | Lagzdiņš     | 4    | 0:28:52.4 | +2:53.9 | 44.9 | MSĢ / RK Liepāja  |
| 19 | 402 | 7  | Vīrieši ELITE/U23                  | Gvido             | Kokle        | 4    | 0:28:58.5 | +3:00.0 | 44.7 | G. C. GARLASCHESI ASD                                   |
| 20 | 207 | 1  | Master 3<br>(1974.-1978.dz.g.)     | Jānis             | Andersons    | 4    | 0:29:05.1 | +3:06.6 | 44.6 | Velo+ Bottari Baltic                                    |

| V  | Num | VG | Grupa                              | Vārds           | Uzvārds     | Apļi | Laiks     | +/-     | km/h | Pārstāv  |
|----|-----|----|------------------------------------|-----------------|-------------|------|-----------|---------|------|--|
| 21 | 234 | 3  | Master 1<br>(1984.-1988.dz.g.)     | Jānis           | Šteins      | 4    | 0:29:08.6 | +3:10.1 | 44.5 | SKANSTE VIRŠI  |
| 22 | 280 | 2  | Open vīrieši<br>(1989.-2004.dz.g.) | Matīss          | Zērvēns     | 4    | 0:29:24.3 | +3:25.7 | 44.1 | Roadex   |
| 23 | 401 | 8  | Vīrieši ELITE/U23                  | Rodrigo         | Beļājevs    | 4    | 0:29:27.2 | +3:28.6 | 44.0 | RRS  |
| 24 | 237 | 9  | Juniori U18<br>(2005.-2006.dz.g.)  | Elvis           | Lielmanis   | 4    | 0:29:31.8 | +3:33.2 | 43.9 | MSĢ  |
| 25 | 224 | 1  | Master 2<br>(1979.-1983.dz.g.)     | Ricards         | Jakobsons   | 4    | 0:29:32.5 | +3:33.9 | 43.9 | Goldingen Cycling Team                                   |
| 26 | 247 | 10 | Juniori U18<br>(2005.-2006.dz.g.)  | Lavrs           | Sipovičs    | 4    | 0:29:33.0 | +3:34.5 | 43.9 | Dobeles<br>dzirnavnieks/FeelFree/Dobeles<br>sporta skola |
| 27 | 275 | 3  | Open vīrieši<br>(1989.-2004.dz.g.) | Edgars          | Riekstiņš   | 4    | 0:29:34.1 | +3:35.5 | 43.8 |  |
| 28 | 288 | 9  | Vīrieši ELITE/U23                  | Kārlis          | Grundulis   | 4    | 0:29:34.9 | +3:36.4 | 43.8 | RRS  |
| 29 | 289 | 4  | Open vīrieši<br>(1989.-2004.dz.g.) | Niklāvs         | Boļšis      | 4    | 0:29:40.9 | +3:42.3 | 43.7 | DobelesDzirnavnieks/FeelFree                             |
| 30 | 251 | 11 | Juniori U18<br>(2005.-2006.dz.g.)  | Kārlis<br>Jānis | Dāboliņš    | 4    | 0:29:42.8 | +3:44.2 | 43.6 | MSĢ / RK Liepāja   |
| 31 | 205 | 2  | Master 3<br>(1974.-1978.dz.g.)     | Raimonds        | Veinbergs   | 4    | 0:29:48.3 | +3:49.8 | 43.5 | Virsozne/Marmot  |
| 32 | 197 | 2  | Master 4<br>(1969.-1973.dz.g.)     | Agnis           | Apse        | 4    | 0:29:50.8 | +3:52.3 | 43.4 | VeloLifestyle/SmiltenesBJSS                              |
| 33 | 264 | 12 | Juniori U18<br>(2005.-2006.dz.g.)  | Filips          | Lucēvičs    | 4    | 0:29:55.9 | +3:57.4 | 43.3 | RRS  |
| 34 | 211 | 3  | Master 3<br>(1974.-1978.dz.g.)     | Māris           | Kalveršs    | 4    | 0:30:01.6 | +4:03.1 | 43.2 | Virsozne/MARMOT  |
| 35 | 218 | 2  | Master 2<br>(1979.-1983.dz.g.)     | Valerijs        | Kņazzevs    | 4    | 0:30:04.3 | +4:05.8 | 43.1 | TK Sniegpulkstenīte/Fiziofit                             |
| 36 | 277 | 5  | Open vīrieši<br>(1989.-2004.dz.g.) | Mārtiņš         | Šteins      | 4    | 0:30:08.4 | +4:09.9 | 43.0 |  |
| 37 | 294 | 6  | Open vīrieši<br>(1989.-2004.dz.g.) | Artūrs          | Ļipatņikovs | 4    | 0:30:14.9 | +4:16.4 | 42.8 |  |
| 38 | 236 | 4  | Master 1<br>(1984.-1988.dz.g.)     | Artūrs          | Zālītis     | 4    | 0:30:20.1 | +4:21.5 | 42.7 | Dobeles dzirnavnieks/FeelFree                            |
| 39 | 249 | 13 | Juniori U18<br>(2005.-2006.dz.g.)  | Krišjānis       | Ratnieks    | 4    | 0:30:27.8 | +4:29.2 | 42.5 | RRS  |

| V  | Num | VG | Grupa                              | Vārds                | Uzvārds     | Apļi | Laiks     | +/-     | km/h | Pārstāv  |
|----|-----|----|------------------------------------|----------------------|-------------|------|-----------|---------|------|--|
| 40 | 221 | 3  | Master 2<br>(1979.-1983.dz.g.)     | Sandis               | Lūsis       | 4    | 0:30:44.8 | +4:46.3 | 42.1 | Goldingen cycling  |
| 41 | 201 | 3  | Master 4<br>(1969.-1973.dz.g.)     | Andris               | Balodis     | 4    | 0:30:48.8 | +4:50.3 | 42.1 | Virsoņe/MARMOT   |
| 42 | 287 | 7  | Open vīrieši<br>(1989.-2004.dz.g.) | Jans                 | Pavlovs     | 4    | 0:30:49.5 | +4:50.9 | 42.0 | ATOM CYCLING CLUB  |
| 43 | 267 | 14 | Juniori U18<br>(2005.-2006.dz.g.)  | Markuss<br>Kristians | Gunne       | 4    | 0:30:52.7 | +4:54.1 | 42.0 | Dobeles<br>dzirnavnieks/FeelFree/Dobeles<br>sporta skola |
| 44 | 276 | 10 | Vīrieši ELITE/U23                  | Roberts              | Pučko       | 4    | 0:31:07.2 | +5:08.7 | 41.6 | RRS  |
| 45 | 204 | 4  | Master 3<br>(1974.-1978.dz.g.)     | Jānis                | Āboliņš     | 4    | 0:31:18.1 | +5:19.6 | 41.4 | Virsoņe/MARMOT   |
| 46 | 296 | 8  | Open vīrieši<br>(1989.-2004.dz.g.) | Dāvis                | Zīvarts     | 4    | 0:31:22.9 | +5:24.4 | 41.3 | RRS  |
| 47 | 193 | 4  | Master 4<br>(1969.-1973.dz.g.)     | Oskars               | Gailiņš     | 4    | 0:31:35.0 | +5:36.5 | 41.0 | NN Sporta klubs/Latvian Para<br>cycling                  |
| 48 | 219 | 4  | Master 2<br>(1979.-1983.dz.g.)     | Andrejs              | Lipskis     | 4    | 0:31:37.7 | +5:39.1 | 41.0 |  |
| 49 | 228 | 5  | Master 2<br>(1979.-1983.dz.g.)     | Normunds             | Milčs       | 4    | 0:31:46.2 | +5:47.7 | 40.8 |  |
| 50 | 225 | 6  | Master 2<br>(1979.-1983.dz.g.)     | Arturs               | Sisolatins  | 4    | 0:31:51.2 | +5:52.6 | 40.7 | ZZk  |
| 51 | 210 | 5  | Master 3<br>(1974.-1978.dz.g.)     | Andrejs              | Timpa       | 4    | 0:31:56.7 | +5:58.2 | 40.6 | Reservoir dogs   |
| 52 | 231 | 5  | Master 1<br>(1984.-1988.dz.g.)     | Kārlis               | Berlands    | 4    | 0:32:06.0 | +6:07.5 | 40.4 | Gravel Weekend   |
| 53 | 208 | 6  | Master 3<br>(1974.-1978.dz.g.)     | Andrejs              | Ahmerovs    | 4    | 0:32:06.2 | +6:07.7 | 40.4 | Velo+ Bottari Baltic                                     |
| 54 | 257 | 15 | Juniori U18<br>(2005.-2006.dz.g.)  | Kristaps             | Leibuks     | 4    | 0:32:07.6 | +6:09.0 | 40.3 | Dobeles<br>dzirnavnieks/FeelFree/Dobeles<br>sporta skola |
| 55 | 203 | 7  | Master 3<br>(1974.-1978.dz.g.)     | Gaitis               | Kasperovičs | 4    | 0:32:44.7 | +6:46.2 | 39.6 | Baldones velokomanda                                     |
| 56 | 235 | 6  | Master 1<br>(1984.-1988.dz.g.)     | Nikolajs             | Būmanis     | 4    | 0:33:08.2 | +7:09.7 | 39.1 | -  |
| 57 | 212 | 7  | Master 2<br>(1979.-1983.dz.g.)     | Māris                | Kļaviņš     | 4    | 0:33:19.9 | +7:21.4 | 38.9 | Maris-Ironteam   |
| 58 | 238 | 16 | Juniori U18<br>(2005.-2006.dz.g.)  | Artemijs             | Ksenofontov | 4    | 0:33:55.9 | +7:57.3 | 38.2 | RRS  |

| V  | Num | VG | Grupa                              | Vārds      | Uzvārds    | Apļi | Laiks     | +/-      | km/h | Pārstāv                     |
|----|-----|----|------------------------------------|------------|------------|------|-----------|----------|------|-----------------------------|
| 59 | 202 | 5  | Master 4<br>(1969.-1973.dz.g.)     | Kaspars    | Beitāns    | 4    | 0:33:57.1 | +7:58.6  | 38.2 | x-sports                    |
| 60 | 213 | 8  | Master 2<br>(1979.-1983.dz.g.)     | Ilmārs     | Misa       | 4    | 0:34:40.6 | +8:42.1  | 37.4 | Virsoņe/MARMOT              |
| 61 | 242 | 17 | Juniori U18<br>(2005.-2006.dz.g.)  | Kristofers | Čerņavskis | 4    | 0:35:41.9 | +9:43.4  | 36.3 | RRS                         |
| 62 | 196 | 6  | Master 4<br>(1969.-1973.dz.g.)     | Kaspars    | Lipskis    | 4    | 0:35:48.6 | +9:50.1  | 36.2 | LiVelo / Zelta Zeme         |
| 63 | 199 | 7  | Master 4<br>(1969.-1973.dz.g.)     | Māris      | Priedēns   | 4    | 0:35:49.1 | +9:50.6  | 36.2 | Ventspils Triatlona klubs   |
| 64 | 299 | 9  | Open vīrieši<br>(1989.-2004.dz.g.) | Nikolajs   | Verhovskis | 4    | 0:36:42.8 | +10:44.3 | 35.3 |                             |
| 65 | 259 | 18 | Juniori U18<br>(2005.-2006.dz.g.)  | Mārcis     | Klieders   | 4    | 0:37:42.8 | +11:44.2 | 34.4 | VeloLifestyle/SmiltenesBJSS |
| 66 | 279 | 19 | Juniori U18<br>(2005.-2006.dz.g.)  | Edvard     | Kim        | 4    | 0:39:16.2 | +13:17.6 | 33.0 | RRS                         |

### 3 APĻI (16.2 KM)

| V | Num | VG | Grupa                                  | Vārds         | Uzvārds    | Apļi | Laiks     | +/-     | km/h | Pārstāv  |
|---|-----|----|--|---------------|------------|------|-----------|---------|------|--|
| 1 | 179 | 1  | Sievietes ELITE                        | Dana          | Rožlapa    | 3    | 0:21:21.3 |         | 45.5 | Keukens Redant Cycling Team                        |
| 2 | 180 | 1  | Master 5<br>(1964.-1968.dz.g.)         | Aivars        | Bardovskis | 3    | 0:23:31.7 | +2:10.4 | 41.3 | SKANSTE VIRŠI                                      |
| 3 | 191 | 2  | Master 5<br>(1964.-1968.dz.g.)         | Verners       | Vuļs       | 3    | 0:23:47.2 | +2:25.9 | 40.9 | Team Lou Cycling Club                              |
| 4 | 165 | 2  | Sievietes ELITE                        | Madara        | Āboma      | 3    | 0:23:52.9 | +2:31.6 | 40.7 | Dobeles dzirnavnieks/FeelFree                      |
| 5 | 159 | 3  | Master 5<br>(1964.-1968.dz.g.)         | Didzis        | Zālītis    | 3    | 0:23:55.1 | +2:33.8 | 40.6 | Dobeles dzirnavnieks/FeelFree                      |
| 6 | 175 | 3  | Sievietes ELITE                        | Lāsma<br>Elza | Vaivode    | 3    | 0:24:33.7 | +3:12.4 | 39.6 | LiVelo / Zelta Zeme / RRS                          |
| 7 | 178 | 1  | Open sievietes 1<br>(1984.-2004.dz.g.) | Anita         | Antone     | 3    | 0:24:58.9 | +3:37.6 | 38.9 | Dobeles Dzirnavnieks/FeelFree                      |
| 8 | 168 | 4  | Sievietes ELITE                        | Linda         | Eihmane    | 3    | 0:25:05.4 | +3:44.0 | 38.7 | Dobeles dzirnavnieks/FeelFree/Dobeles sporta skola |
| 9 | 187 | 4  | Master 5<br>(1964.-1968.dz.g.)         | Jānis         | Liepiņš    | 3    | 0:25:18.5 | +3:57.2 | 38.4 | Velo + Bottari Baltia                              |

| V  | Num | VG | Grupa                                  | Vārds         | Uzvārds   | Apļi | Laiks     | +/-     | km/h | Pārstāv               |
|----|-----|----|--|---------------|-----------|------|-----------|---------|------|-----------------------|
| 10 | 173 | 2  | Open sievietes 1<br>(1984.-2004.dz.g.) | Anete         | Ābelniece | 3    | 0:26:16.3 | +4:55.0 | 37.0 | Latvian Cycling Girls |
| 11 | 189 | 5  | Master 5<br>(1964.-1968.dz.g.)         | Ivars         | Āboltiņš  | 3    | 0:26:25.8 | +5:04.5 | 36.8 | CRK Šmerlis           |
| 12 | 163 | 3  | Open sievietes 1<br>(1984.-2004.dz.g.) | Līva<br>Luīze | Bleive    | 3    | 0:27:37.5 | +6:16.2 | 35.2 |                       |
| 13 | 190 | 6  | Master 5<br>(1964.-1968.dz.g.)         | Raitis        | Muižnieks | 3    | 0:27:40.0 | +6:18.7 | 35.1 | Auseklis IK           |
| 14 | 186 | 7  | Master 5<br>(1964.-1968.dz.g.)         | Aldis         | Pundurs   | 3    | 0:28:06.8 | +6:45.4 | 34.6 |                       |
| 15 | 181 | 8  | Master 5<br>(1964.-1968.dz.g.)         | Atis          | Skrastiņš | 3    | 0:28:44.0 | +7:22.7 | 33.8 | ind.                  |
| 16 | 176 | 4  | Open sievietes 1<br>(1984.-2004.dz.g.) | Ilze          | Vilciņa   | 3    | 0:31:00.3 | +9:39.0 | 31.3 | Latvian Cycling Girls |
| 17 | 172 | 5  | Open sievietes 1<br>(1984.-2004.dz.g.) | Krista        | Pūcīte    | 1    | 0:07:44.7 |         | 41.8 | Latvian Cycling Girls |

## 2 APĻI (10.8 KM)

| V  | Num | VG | Grupa                              | Vārds              | Uzvārds   | Apļi | Laiks     | +/-     | km/h | Pārstāv                         |
|----|-----|----|------------------------------------|--------------------|-----------|------|-----------|---------|------|---------------------------------|
| 1  | 146 | 1  | Master 6<br>(1959.-1963.dz.g.)     | Jānis              | Rušmanis  | 2    | 0:15:25.5 |         | 42.0 | SKANSTE VIRŠI                   |
| 2  | 149 | 2  | Master 6<br>(1959.-1963.dz.g.)     | Aigars             | Zvingulis | 2    | 0:16:07.0 | +0:41.4 | 40.2 | Goldingen Cycling Team          |
| 3  | 152 | 1  | Juniores U18<br>(2005.-2006.dz.g.) | Beāte              | Bula      | 2    | 0:16:18.1 | +0:52.6 | 39.7 | Dobeles Sporta Skola            |
| 4  | 138 | 1  | Master 7 (<=1958.dz.g.)            | Uldis              | Rutka     | 2    | 0:16:34.8 | +1:09.2 | 39.1 | Dobeles Dzirnāviņš<br>Feel/Free |
| 5  | 158 | 2  | Juniores U18<br>(2005.-2006.dz.g.) | Rūta               | Zibene    | 2    | 0:17:31.7 | +2:06.1 | 37.0 | RRS                             |
| 6  | 154 | 3  | Juniores U18<br>(2005.-2006.dz.g.) | Adelīna            | Jefimova  | 2    | 0:17:40.5 | +2:15.0 | 36.7 | Dobeles Sporta Skola            |
| 7  | 140 | 2  | Master 7 (<=1958.dz.g.)            | Jānis              | Ķīsis     | 2    | 0:17:41.7 | +2:16.1 | 36.6 | Valmieras velo vienība          |
| 8  | 148 | 3  | Master 6<br>(1959.-1963.dz.g.)     | Andis              | Lejiņš    | 2    | 0:17:51.3 | +2:25.7 | 36.3 | Elīza Racing Team               |
| 9  | 139 | 3  | Master 7 (<=1958.dz.g.)            | Jānis              | Vējons    | 2    | 0:17:57.7 | +2:32.2 | 36.1 |                                 |
| 10 | 155 | 4  | Juniores U18<br>(2005.-2006.dz.g.) | Paula<br>Patrīcija | Tilko     | 2    | 0:18:07.2 | +2:41.6 | 35.8 | RRS                             |

| V  | Num | VG | Grupa                              | Vārds    | Uzvārds   | Apji | Laiks     | +/-     | km/h | Pārstāv               |
|----|-----|----|------------------------------------|----------|-----------|------|-----------|---------|------|-----------------------|
| 11 | 145 | 1  | Open sievietes 2<br>(≤1983.dz.g.)  | Jana     | Jansone   | 2    | 0:18:10.2 | +2:44.6 | 35.7 | Latvian Cycling Girls |
| 12 | 142 | 2  | Open sievietes 2<br>(≤1983.dz.g.)  | Olga     | Ballo     | 2    | 0:18:10.9 | +2:45.3 | 35.6 | Velo+ Bottari Baltic  |
| 13 | 141 | 3  | Open sievietes 2<br>(≤1983.dz.g.)  | Svetlana | Libarte   | 2    | 0:18:30.6 | +3:05.0 | 35.0 | Latvian Cycling Girls |
| 14 | 144 | 4  | Open sievietes 2<br>(≤1983.dz.g.)  | Gunita   | Barisa    | 2    | 0:18:59.7 | +3:34.1 | 34.1 | Latvian Cycling Girls |
| 15 | 150 | 5  | Juniores U18<br>(2005.-2006.dz.g.) | Elīza    | Lejiņa    | 2    | 0:19:01.4 | +3:35.8 | 34.1 | RRS                   |
| 16 | 153 | 6  | Juniores U18<br>(2005.-2006.dz.g.) | Dana     | Bojšakova | 2    | 0:19:37.5 | +4:11.9 | 33.0 | RRS                   |

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