



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

## Exploitation détaillée

Poliakov, Dmitriy

Association: NORD WEST

Temps total: 31:24

Kilométrage: 5:02 min/km

Circuit: 6.23 km / 28 Postes

Catégorie:

Men -21E

Place par catégorie: 6(de 73)

Meilleur temps dans la catégorie: 29:35

Retard: 1:49

## Temps intermédiaires

| Postes   | Etape<br>Temps | Place<br>catg. | Retard<br>catg. | Retard<br>% | Total<br>Temps | Place<br>catg. | Retard<br>catg. | Retard<br>% |
|----------|----------------|----------------|-----------------|-------------|----------------|----------------|-----------------|-------------|
| 1 (31)   | 1:28           | 4              | 0:02            | 2.3         | 1:28           | 4              | 0:02            | 2.3         |
| 2 (32)   | 1:49           | 16             | 0:19            | 21.1        | 3:17           | 8              | 0:20            | 11.3        |
| 3 (33)   | 1:27           | 5              | 0:12            | 16.0        | 4:44           | 5              | 0:28            | 10.9        |
| 4 (34)   | 0:28           | 10             | 0:04            | 16.7        | 5:12           | 5              | 0:32            | 11.4        |
| 5 (35)   | 1:37           | 6              | 0:10            | 11.5        | 6:49           | 5              | 0:42            | 11.4        |
| 6 (36)   | 1:44           | 4              | 0:08            | 8.3         | 8:33           | 5              | 0:46            | 9.9         |
| 7 (37)   | 0:47           | 3              | 0:02            | 4.4         | 9:20           | 5              | 0:44            | 8.5         |
| 8 (38)   | 0:52           | 4              | 0:02            | 4.0         | 10:12          | 5              | 0:46            | 8.1         |
| 9 (39)   | 0:28           | 1              | -               | -           | 10:40          | 4              | 0:32            | 5.3         |
| 10 (40)  | 1:34           | 20             | 0:17            | 22.1        | 12:14          | 4              | 0:42            | 6.1         |
| 11 (41)  | 1:26           | 21             | 0:13            | 17.8        | 13:40          | 5              | 0:53            | 6.9         |
| 12 (42)  | 1:01           | 18             | 0:14            | 29.8        | 14:41          | 4              | 1:07            | 8.2         |
| 13 (43)  | 0:59           | 9              | 0:05            | 9.3         | 15:40          | 3              | 1:12            | 8.3         |
| 14 (44)  | 0:32           | 5              | 0:04            | 14.3        | 16:12          | 3              | 1:15            | 8.4         |
| 15 (45)  | 1:17           | 32             | 0:18            | 30.5        | 17:29          | 4              | 1:33            | 9.7         |
| 16 (46)  | 0:42           | 1              | -               | -           | 18:11          | 4              | 1:33            | 9.3         |
| 17 (47)  | 2:12           | 57             | 0:54            | 69.2        | 20:23          | 6              | 2:27            | 13.7        |
| 18 (48)  | 0:36           | 3              | 0:03            | 9.1         | 20:59          | 6              | 1:40            | 8.6         |
| 19 (49)  | 0:20           | 6              | 0:02            | 11.1        | 21:19          | 6              | 1:42            | 8.7         |
| 20 (50)  | 1:07           | 2              | 0:04            | 6.4         | 22:26          | 6              | 1:46            | 8.6         |
| 21 (51)  | 0:57           | 6              | 0:04            | 7.6         | 23:23          | 6              | 1:45            | 8.1         |
| 22 (52)  | 0:50           | 5              | 0:02            | 4.2         | 24:13          | 6              | 1:21            | 5.9         |
| 23 (53)  | 2:44           | 29             | 0:24            | 17.1        | 26:57          | 6              | 1:45            | 6.9         |
| 24 (54)  | 0:55           | 8              | 0:04            | 7.8         | 27:52          | 6              | 1:33            | 5.9         |
| 25 (55)  | 0:32           | 13             | 0:05            | 18.5        | 28:24          | 6              | 1:34            | 5.8         |
| 26 (56)  | 0:56           | 57             | 0:15            | 36.6        | 29:20          | 6              | 1:43            | 6.2         |
| 27 (57)  | 1:06           | 17             | 0:08            | 13.8        | 30:26          | 6              | 1:48            | 6.3         |
| 28 (100) | 0:41           | 16             | 0:07            | 20.6        | 31:07          | 6              | 1:49            | 6.2         |
| Arrivée  | 0:17           | 13             | 0:02            | 13.3        | 31:24          | 6              | 1:49            | 6.1         |