



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Litvin, Iaroslav

□□: OK Kaliningrad

□□□: 36:11

□□□□: 10:53 min/km

□□: 3.32 km / 15 □□

□□□□:

Men -14

□□□□□: 7(of 28)

□□□□□□□: 24:30

□□: 11:41

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	5:33	21	3:36	184.6	5:33	21	3:36	184.6
2 (135)	2:43	21	1:39	154.7	8:16	20	5:08	163.8
3 (83)	1:14	13	0:41	124.2	9:30	19	5:32	139.5
4 (111)	6:36	17	3:53	142.9	16:06	18	7:59	98.4
5 (95)	3:30	17	1:46	101.9	19:36	13	9:43	98.3
6 (92)	2:21	12	0:47	50.0	21:57	12	9:57	82.9
7 (96)	1:36	7	0:17	21.5	23:33	11	9:30	67.6
8 (133)	1:43	8	0:24	30.4	25:16	8	9:39	61.8
9 (118)	2:35	13	1:07	76.1	27:51	7	10:35	61.3
10 (102)	3:16	12	0:28	16.7	31:07	7	10:53	53.8
11 (53)	1:17	15	0:24	45.3	32:24	7	11:17	53.4
12 (126)	1:35	9	0:25	35.7	33:59	7	11:16	49.6
13 (120)	0:32	10	0:05	18.5	34:31	7	11:10	47.8
14 (132)	0:40	16	0:10	33.3	35:11	7	11:20	47.5
15 (100)	0:33	24	0:12	57.1	35:44	7	11:32	47.7
□□	0:27	24	0:09	50.0	36:11	7	11:41	47.7