



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Yaganov, Aleksey

□□: Belie Nochi

□□□: 41:04

□□□□: 6:35 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -20E

□□□□□: 5(of 22)

□□□□□□: 35:32

□□: 5:32

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:39	3	0:09	10.0	1:39	3	0:09	10.0
2 (32)	1:56	3	0:17	17.2	3:35	3	0:24	12.6
3 (33)	1:29	3	0:03	3.5	5:04	3	0:24	8.6
4 (34)	0:27	1	-	-	5:31	2	0:20	6.4
5 (35)	1:51	3	0:09	8.8	7:22	3	0:29	7.0
6 (36)	2:28	9	0:41	38.3	9:50	3	0:44	8.1
7 (37)	0:47	1	-	-	10:37	2	0:41	6.9
8 (38)	1:24	9	0:27	47.4	12:01	3	1:08	10.4
9 (39)	0:59	11	0:31	110.7	13:00	2	1:28	12.7
10 (40)	2:06	9	0:43	51.8	15:06	2	2:11	16.9
11 (41)	1:22	1	-	-	16:28	2	1:54	13.0
12 (42)	3:38	19	2:43	296.4	20:06	3	3:56	24.3
13 (43)	3:02	18	2:05	219.3	23:08	5	5:55	34.4
14 (44)	0:58	17	0:28	93.3	24:06	5	6:21	35.8
15 (45)	1:09	2	0:02	3.0	25:15	5	6:23	33.8
16 (46)	1:20	14	0:33	70.2	26:35	5	6:56	35.3
17 (47)	1:40	3	0:11	12.4	28:15	5	7:07	33.7
18 (48)	0:47	4	0:06	14.6	29:02	5	6:25	28.4
19 (49)	0:23	7	0:04	21.1	29:25	5	6:27	28.1
20 (50)	1:22	5	0:12	17.1	30:47	5	6:39	27.6
21 (51)	0:59	3	0:05	9.3	31:46	5	6:37	26.3
22 (52)	1:51	16	0:52	88.1	33:37	5	5:32	19.7
23 (53)	2:45	3	0:07	4.4	36:22	5	5:24	17.4
24 (54)	1:01	3	0:04	7.0	37:23	5	5:23	16.8
25 (55)	0:36	4	0:03	9.1	37:59	5	5:22	16.5
26 (56)	0:47	2	0:01	2.2	38:46	5	5:23	16.1
27 (57)	1:13	5	0:05	7.4	39:59	5	5:28	15.8
28 (100)	0:47	8	0:07	17.5	40:46	5	5:30	15.6
□□	0:18	5	0:02	12.5	41:04	5	5:32	15.6