



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Rostov, Robert

□□: KUZMOLOVO

□□□: 46:03

□□□□: 7:23 min/km

□□: 6.23 km / 28 □□

□□□□:
Men -20E

□□□□□: 9(of 22)

□□□□□□: 35:32

□□: 10:31

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:53	9	0:23	25.6	1:53	9	0:23	25.6
2 (32)	6:08	19	4:29	271.7	8:01	19	4:50	151.8
3 (33)	2:06	13	0:40	46.5	10:07	19	5:27	116.8
4 (34)	0:42	13	0:15	55.6	10:49	19	5:38	108.7
5 (35)	2:18	10	0:36	35.3	13:07	18	6:14	90.6
6 (36)	3:45	14	1:58	110.3	16:52	17	7:46	85.4
7 (37)	1:14	11	0:27	57.5	18:06	15	8:10	82.2
8 (38)	1:07	5	0:10	17.5	19:13	14	8:20	76.6
9 (39)	0:38	5	0:10	35.7	19:51	12	8:19	72.1
10 (40)	2:04	8	0:41	49.4	21:55	11	9:00	69.7
11 (41)	1:41	7	0:19	23.2	23:36	10	9:02	62.0
12 (42)	1:23	14	0:28	50.9	24:59	10	8:49	54.5
13 (43)	1:27	9	0:30	52.6	26:26	10	9:13	53.5
14 (44)	0:45	10	0:15	50.0	27:11	10	9:26	53.2
15 (45)	1:53	18	0:46	68.7	29:04	10	10:12	54.1
16 (46)	1:35	19	0:48	102.1	30:39	10	11:00	56.0
17 (47)	2:36	16	1:07	75.3	33:15	10	12:07	57.3
18 (48)	0:55	13	0:14	34.2	34:10	10	11:33	51.1
19 (49)	0:19	1	-	-	34:29	10	11:31	50.2
20 (50)	1:21	2	0:11	15.7	35:50	10	11:42	48.5
21 (51)	1:35	17	0:41	75.9	37:25	10	12:16	48.8
22 (52)	1:04	2	0:05	8.5	38:29	9	10:24	37.0
23 (53)	2:49	4	0:11	7.0	41:18	9	10:20	33.4
24 (54)	1:00	2	0:03	5.3	42:18	9	10:18	32.2
25 (55)	0:34	3	0:01	3.0	42:52	9	10:15	31.4
26 (56)	0:56	12	0:10	21.7	43:48	9	10:25	31.2
27 (57)	1:11	3	0:03	4.4	44:59	9	10:28	30.3
28 (100)	0:47	8	0:07	17.5	45:46	9	10:30	29.8
□□	0:17	2	0:01	6.3	46:03	9	10:31	29.6