



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Tiulenev, Mikhail

□□: KUZMOLOVO

□□□: 56:17

□□□□: 9:02 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -20E

□□□□□: 16(of 22)

□□□□□□: 35:32

□□: 20:45

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:44	5	0:14	15.6	1:44	5	0:14	15.6
2 (32)	2:34	10	0:55	55.6	4:18	9	1:07	35.1
3 (33)	1:42	8	0:16	18.6	6:00	7	1:20	28.6
4 (34)	1:39	19	1:12	266.7	7:39	10	2:28	47.6
5 (35)	10:31	21	8:49	518.6	18:10	19	11:17	163.9
6 (36)	3:29	13	1:42	95.3	21:39	19	12:33	137.9
7 (37)	0:59	3	0:12	25.5	22:38	19	12:42	127.9
8 (38)	3:36	20	2:39	279.0	26:14	19	15:21	141.0
9 (39)	0:35	4	0:07	25.0	26:49	19	15:17	132.5
10 (40)	2:07	10	0:44	53.0	28:56	19	16:01	124.0
11 (41)	2:02	14	0:40	48.8	30:58	19	16:24	112.6
12 (42)	1:16	10	0:21	38.2	32:14	19	16:04	99.4
13 (43)	3:46	20	2:49	296.5	36:00	19	18:47	109.1
14 (44)	0:46	12	0:16	53.3	36:46	19	19:01	107.1
15 (45)	1:26	10	0:19	28.4	38:12	19	19:20	102.5
16 (46)	1:11	11	0:24	51.1	39:23	19	19:44	100.4
17 (47)	2:15	14	0:46	51.7	41:38	19	20:30	97.0
18 (48)	0:52	10	0:11	26.8	42:30	18	19:53	87.9
19 (49)	0:29	15	0:10	52.6	42:59	18	20:01	87.2
20 (50)	1:29	10	0:19	27.1	44:28	18	20:20	84.3
21 (51)	1:24	16	0:30	55.6	45:52	18	20:43	82.4
22 (52)	1:20	9	0:21	35.6	47:12	18	19:07	68.1
23 (53)	3:24	13	0:46	29.1	50:36	18	19:38	63.4
24 (54)	1:18	13	0:21	36.8	51:54	17	19:54	62.2
25 (55)	0:42	16	0:09	27.3	52:36	17	19:59	61.3
26 (56)	1:01	14	0:15	32.6	53:37	17	20:14	60.6
27 (57)	1:25	14	0:17	25.0	55:02	16	20:31	59.4
28 (100)	0:54	16	0:14	35.0	55:56	16	20:40	58.6
□□	0:21	14	0:05	31.3	56:17	16	20:45	58.4