



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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**Poliakov, Dmitriy**

□□: NORD WEST

□□□: 31:24

□□□□: 5:02 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 6(of 73)

□□□□□□: 29:35

□□: 1:49

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
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
□□	0:17	13	0:02	13.3	31:24	6	1:49	6.1