



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Gorokhov, Sergey

□□: NORD WEST

□□□: 32:01

□□□□: 5:08 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 7(of 73)

□□□□□□□: 29:35

□□: 2:26

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:32	10	0:06	7.0	1:32	10	0:06	7.0
2 (32)	1:43	10	0:13	14.4	3:15	6	0:18	10.2
3 (33)	1:30	11	0:15	20.0	4:45	6	0:29	11.3
4 (34)	0:28	10	0:04	16.7	5:13	6	0:33	11.8
5 (35)	1:48	21	0:21	24.1	7:01	6	0:54	14.7
6 (36)	1:52	8	0:16	16.7	8:53	6	1:06	14.1
7 (37)	1:02	36	0:17	37.8	9:55	6	1:19	15.3
8 (38)	0:57	15	0:07	14.0	10:52	6	1:26	15.2
9 (39)	0:32	20	0:04	14.3	11:24	6	1:16	12.5
10 (40)	1:31	15	0:14	18.2	12:55	7	1:23	12.0
11 (41)	1:24	16	0:11	15.1	14:19	7	1:32	12.0
12 (42)	1:04	26	0:17	36.2	15:23	7	1:49	13.4
13 (43)	1:02	14	0:08	14.8	16:25	7	1:57	13.5
14 (44)	0:33	9	0:05	17.9	16:58	7	2:01	13.5
15 (45)	1:25	51	0:26	44.1	18:23	7	2:27	15.4
16 (46)	0:50	33	0:08	19.1	19:13	7	2:35	15.5
17 (47)	1:31	19	0:13	16.7	20:44	7	2:48	15.6
18 (48)	0:41	22	0:08	24.2	21:25	7	2:06	10.9
19 (49)	0:22	36	0:04	22.2	21:47	7	2:10	11.1
20 (50)	1:12	14	0:09	14.3	22:59	7	2:19	11.2
21 (51)	1:08	43	0:15	28.3	24:07	7	2:29	11.5
22 (52)	0:56	21	0:08	16.7	25:03	7	2:11	9.6
23 (53)	2:35	11	0:15	10.7	27:38	7	2:26	9.7
24 (54)	1:02	31	0:11	21.6	28:40	7	2:21	8.9
25 (55)	0:31	6	0:04	14.8	29:11	7	2:21	8.8
26 (56)	0:45	12	0:04	9.8	29:56	7	2:19	8.4
27 (57)	1:06	17	0:08	13.8	31:02	7	2:24	8.4
28 (100)	0:40	10	0:06	17.7	31:42	7	2:24	8.2
□□	0:19	33	0:04	26.7	32:01	7	2:26	8.2