



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Popov, Artem

□□: Espoon Suunta, Essu

□□□: 33:33

□□□□: 5:23 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 16(of 73)

□□□□□□: 29:35

□□: 3:58

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:46	41	0:20	23.3	1:46	41	0:20	23.3
2 (32)	1:39	5	0:09	10.0	3:25	14	0:28	15.8
3 (33)	1:58	54	0:43	57.3	5:23	32	1:07	26.2
4 (34)	0:24	1	-	-	5:47	25	1:07	23.9
5 (35)	1:40	7	0:13	14.9	7:27	17	1:20	21.8
6 (36)	2:28	39	0:52	54.2	9:55	21	2:08	27.4
7 (37)	1:11	44	0:26	57.8	11:06	21	2:30	29.1
8 (38)	0:54	5	0:04	8.0	12:00	18	2:34	27.2
9 (39)	0:32	20	0:04	14.3	12:32	18	2:24	23.7
10 (40)	1:43	40	0:26	33.8	14:15	20	2:43	23.6
11 (41)	1:20	7	0:07	9.6	15:35	17	2:48	21.9
12 (42)	0:59	15	0:12	25.5	16:34	14	3:00	22.1
13 (43)	1:05	26	0:11	20.4	17:39	14	3:11	22.0
14 (44)	0:33	9	0:05	17.9	18:12	14	3:15	21.7
15 (45)	1:12	22	0:13	22.0	19:24	15	3:28	21.8
16 (46)	0:42	1	-	-	20:06	14	3:28	20.8
17 (47)	2:00	52	0:42	53.9	22:06	16	4:10	23.2
18 (48)	0:43	33	0:10	30.3	22:49	17	3:30	18.1
19 (49)	0:20	6	0:02	11.1	23:09	17	3:32	18.0
20 (50)	1:10	7	0:07	11.1	24:19	15	3:39	17.7
21 (51)	1:09	46	0:16	30.2	25:28	16	3:50	17.7
22 (52)	0:49	3	0:01	2.1	26:17	15	3:25	14.9
23 (53)	2:37	14	0:17	12.1	28:54	15	3:42	14.7
24 (54)	1:33	66	0:42	82.4	30:27	17	4:08	15.7
25 (55)	0:28	2	0:01	3.7	30:55	17	4:05	15.2
26 (56)	0:44	5	0:03	7.3	31:39	16	4:02	14.6
27 (57)	0:58	1	-	-	32:37	16	3:59	13.9
28 (100)	0:38	6	0:04	11.8	33:15	16	3:57	13.5
□□	0:18	22	0:03	20.0	33:33	16	3:58	13.4