



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Kirianov, Juri

□□: Belie Nochi

□□□: 35:25

□□□□: 5:41 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 25(of 73)

□□□□□□: 29:35

□□: 5:50

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:36	21	0:10	11.6	1:36	21	0:10	11.6
2 (32)	1:42	7	0:12	13.3	3:18	10	0:21	11.9
3 (33)	1:35	20	0:20	26.7	4:53	9	0:37	14.5
4 (34)	0:30	20	0:06	25.0	5:23	9	0:43	15.4
5 (35)	2:10	59	0:43	49.4	7:33	21	1:26	23.4
6 (36)	1:51	7	0:15	15.6	9:24	12	1:37	20.8
7 (37)	0:55	22	0:10	22.2	10:19	11	1:43	20.0
8 (38)	0:59	20	0:09	18.0	11:18	11	1:52	19.8
9 (39)	0:33	26	0:05	17.9	11:51	11	1:43	16.9
10 (40)	1:32	16	0:15	19.5	13:23	10	1:51	16.0
11 (41)	1:22	11	0:09	12.3	14:45	10	1:58	15.4
12 (42)	2:01	57	1:14	157.5	16:46	17	3:12	23.6
13 (43)	1:04	22	0:10	18.5	17:50	17	3:22	23.3
14 (44)	0:34	17	0:06	21.4	18:24	17	3:27	23.1
15 (45)	1:08	9	0:09	15.3	19:32	16	3:36	22.6
16 (46)	0:58	50	0:16	38.1	20:30	18	3:52	23.3
17 (47)	2:41	60	1:23	106.4	23:11	24	5:15	29.3
18 (48)	0:50	49	0:17	51.5	24:01	24	4:42	24.3
19 (49)	0:24	47	0:06	33.3	24:25	24	4:48	24.5
20 (50)	1:31	56	0:28	44.4	25:56	25	5:16	25.5
21 (51)	1:02	26	0:09	17.0	26:58	25	5:20	24.7
22 (52)	0:56	21	0:08	16.7	27:54	24	5:02	22.0
23 (53)	2:33	8	0:13	9.3	30:27	23	5:15	20.8
24 (54)	1:46	68	0:55	107.8	32:13	25	5:54	22.4
25 (55)	0:32	13	0:05	18.5	32:45	25	5:55	22.1
26 (56)	0:43	4	0:02	4.9	33:28	25	5:51	21.2
27 (57)	1:03	8	0:05	8.6	34:31	25	5:53	20.6
28 (100)	0:37	3	0:03	8.8	35:08	25	5:50	19.9
□□	0:17	13	0:02	13.3	35:25	25	5:50	19.7