



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Mavchun, Georgiy

□□: Espoon Suunta EsSu

□□□: 36:39

□□□□: 5:52 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 31(of 73)

□□□□□□: 29:35

□□: 7:04

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:46	41	0:20	23.3	1:46	41	0:20	23.3
2 (32)	1:59	36	0:29	32.2	3:45	34	0:48	27.1
3 (33)	2:02	55	0:47	62.7	5:47	44	1:31	35.6
4 (34)	0:33	37	0:09	37.5	6:20	43	1:40	35.7
5 (35)	2:14	61	0:47	54.0	8:34	43	2:27	40.1
6 (36)	2:06	22	0:30	31.3	10:40	32	2:53	37.0
7 (37)	1:06	39	0:21	46.7	11:46	32	3:10	36.8
8 (38)	1:16	57	0:26	52.0	13:02	35	3:36	38.2
9 (39)	0:36	42	0:08	28.6	13:38	34	3:30	34.5
10 (40)	1:44	41	0:27	35.1	15:22	29	3:50	33.2
11 (41)	1:30	32	0:17	23.3	16:52	29	4:05	31.9
12 (42)	1:41	46	0:54	114.9	18:33	32	4:59	36.7
13 (43)	1:12	42	0:18	33.3	19:45	31	5:17	36.5
14 (44)	0:41	44	0:13	46.4	20:26	32	5:29	36.7
15 (45)	1:29	55	0:30	50.9	21:55	32	5:59	37.6
16 (46)	0:49	26	0:07	16.7	22:44	32	6:06	36.7
17 (47)	1:33	22	0:15	19.2	24:17	30	6:21	35.4
18 (48)	0:41	22	0:08	24.2	24:58	27	5:39	29.3
19 (49)	0:23	42	0:05	27.8	25:21	27	5:44	29.2
20 (50)	1:18	36	0:15	23.8	26:39	27	5:59	29.0
21 (51)	1:29	64	0:36	67.9	28:08	31	6:30	30.1
22 (52)	1:04	45	0:16	33.3	29:12	30	6:20	27.7
23 (53)	2:42	26	0:22	15.7	31:54	29	6:42	26.6
24 (54)	1:05	38	0:14	27.5	32:59	31	6:40	25.3
25 (55)	0:44	64	0:17	63.0	33:43	31	6:53	25.7
26 (56)	0:47	24	0:06	14.6	34:30	31	6:53	24.9
27 (57)	1:07	24	0:09	15.5	35:37	31	6:59	24.4
28 (100)	0:43	29	0:09	26.5	36:20	31	7:02	24.0
□□	0:19	33	0:04	26.7	36:39	31	7:04	23.9