



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Rjabyshkin, Sergei

□□: srd

□□□: 37:58

□□□□: 6:05 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 34(of 73)

□□□□□□: 29:35

□□: 8:23

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:36	21	0:10	11.6	1:36	21	0:10	11.6
2 (32)	2:16	49	0:46	51.1	3:52	38	0:55	31.1
3 (33)	1:35	20	0:20	26.7	5:27	35	1:11	27.7
4 (34)	0:29	14	0:05	20.8	5:56	31	1:16	27.1
5 (35)	1:48	21	0:21	24.1	7:44	28	1:37	26.4
6 (36)	2:05	21	0:29	30.2	9:49	20	2:02	26.1
7 (37)	1:29	55	0:44	97.8	11:18	24	2:42	31.4
8 (38)	0:56	12	0:06	12.0	12:14	23	2:48	29.7
9 (39)	0:34	32	0:06	21.4	12:48	22	2:40	26.3
10 (40)	4:03	68	2:46	215.6	16:51	40	5:19	46.1
11 (41)	2:21	61	1:08	93.2	19:12	43	6:25	50.2
12 (42)	1:09	34	0:22	46.8	20:21	41	6:47	50.0
13 (43)	1:17	49	0:23	42.6	21:38	41	7:10	49.5
14 (44)	0:33	9	0:05	17.9	22:11	39	7:14	48.4
15 (45)	1:11	18	0:12	20.3	23:22	39	7:26	46.7
16 (46)	1:16	64	0:34	81.0	24:38	42	8:00	48.1
17 (47)	1:23	4	0:05	6.4	26:01	38	8:05	45.1
18 (48)	0:36	3	0:03	9.1	26:37	36	7:18	37.8
19 (49)	0:21	22	0:03	16.7	26:58	36	7:21	37.5
20 (50)	1:16	26	0:13	20.6	28:14	34	7:34	36.6
21 (51)	0:57	6	0:04	7.6	29:11	34	7:33	34.9
22 (52)	0:57	27	0:09	18.8	30:08	34	7:16	31.8
23 (53)	2:51	42	0:31	22.1	32:59	34	7:47	30.9
24 (54)	1:08	44	0:17	33.3	34:07	33	7:48	29.6
25 (55)	0:36	46	0:09	33.3	34:43	33	7:53	29.4
26 (56)	0:53	49	0:12	29.3	35:36	34	7:59	28.9
27 (57)	1:12	43	0:14	24.1	36:48	34	8:10	28.5
28 (100)	0:48	49	0:14	41.2	37:36	34	8:18	28.3
□□	0:22	62	0:07	46.7	37:58	34	8:23	28.3