



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Paladiev, Evgeniy

□□: NordWest

□□□: 39:01

□□□□: 6:15 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 41(of 73)

□□□□□□: 29:35

□□: 9:26

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:44	37	0:18	20.9	1:44	37	0:18	20.9
2 (32)	2:49	61	1:19	87.8	4:33	57	1:36	54.2
3 (33)	1:38	27	0:23	30.7	6:11	48	1:55	44.9
4 (34)	0:31	24	0:07	29.2	6:42	47	2:02	43.6
5 (35)	2:08	57	0:41	47.1	8:50	48	2:43	44.4
6 (36)	2:10	25	0:34	35.4	11:00	37	3:13	41.3
7 (37)	0:49	7	0:04	8.9	11:49	33	3:13	37.4
8 (38)	1:07	42	0:17	34.0	12:56	31	3:30	37.1
9 (39)	1:54	67	1:26	307.1	14:50	41	4:42	46.4
10 (40)	2:58	64	1:41	131.2	17:48	47	6:16	54.3
11 (41)	1:37	46	0:24	32.9	19:25	45	6:38	51.9
12 (42)	1:50	52	1:03	134.0	21:15	47	7:41	56.6
13 (43)	1:02	14	0:08	14.8	22:17	46	7:49	54.0
14 (44)	1:07	64	0:39	139.3	23:24	45	8:27	56.5
15 (45)	1:19	36	0:20	33.9	24:43	45	8:47	55.1
16 (46)	1:02	56	0:20	47.6	25:45	45	9:07	54.8
17 (47)	1:35	28	0:17	21.8	27:20	43	9:24	52.4
18 (48)	0:41	22	0:08	24.2	28:01	44	8:42	45.0
19 (49)	0:20	6	0:02	11.1	28:21	43	8:44	44.5
20 (50)	1:10	7	0:07	11.1	29:31	43	8:51	42.8
21 (51)	1:11	50	0:18	34.0	30:42	43	9:04	41.9
22 (52)	0:53	13	0:05	10.4	31:35	43	8:43	38.1
23 (53)	2:48	38	0:28	20.0	34:23	43	9:11	36.4
24 (54)	1:00	18	0:09	17.7	35:23	43	9:04	34.5
25 (55)	0:34	32	0:07	25.9	35:57	43	9:07	34.0
26 (56)	0:49	32	0:08	19.5	36:46	42	9:09	33.1
27 (57)	1:12	43	0:14	24.1	37:58	42	9:20	32.6
28 (100)	0:44	30	0:10	29.4	38:42	41	9:24	32.1
□□	0:19	33	0:04	26.7	39:01	41	9:26	31.9