



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Gerasimov, Andrej

□□: Igtisa, SK

□□□: 39:23

□□□□: 6:19 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 44(of 73)

□□□□□□: 29:35

□□: 9:48

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	2:13	61	0:47	54.7	2:13	61	0:47	54.7
2 (32)	2:08	44	0:38	42.2	4:21	55	1:24	47.5
3 (33)	1:52	47	0:37	49.3	6:13	49	1:57	45.7
4 (34)	0:36	51	0:12	50.0	6:49	50	2:09	46.1
5 (35)	2:02	50	0:35	40.2	8:51	49	2:44	44.7
6 (36)	2:32	42	0:56	58.3	11:23	45	3:36	46.3
7 (37)	1:10	42	0:25	55.6	12:33	41	3:57	45.9
8 (38)	1:05	38	0:15	30.0	13:38	39	4:12	44.5
9 (39)	0:35	37	0:07	25.0	14:13	37	4:05	40.3
10 (40)	1:41	36	0:24	31.2	15:54	37	4:22	37.9
11 (41)	1:37	46	0:24	32.9	17:31	36	4:44	37.0
12 (42)	1:07	30	0:20	42.6	18:38	33	5:04	37.4
13 (43)	2:31	63	1:37	179.6	21:09	37	6:41	46.2
14 (44)	0:41	44	0:13	46.4	21:50	37	6:53	46.0
15 (45)	1:31	59	0:32	54.2	23:21	38	7:25	46.6
16 (46)	0:48	21	0:06	14.3	24:09	37	7:31	45.2
17 (47)	1:45	42	0:27	34.6	25:54	36	7:58	44.4
18 (48)	0:48	44	0:15	45.5	26:42	37	7:23	38.2
19 (49)	0:23	42	0:05	27.8	27:05	37	7:28	38.1
20 (50)	1:21	42	0:18	28.6	28:26	36	7:46	37.6
21 (51)	1:05	32	0:12	22.6	29:31	36	7:53	36.4
22 (52)	1:12	55	0:24	50.0	30:43	37	7:51	34.3
23 (53)	2:54	45	0:34	24.3	33:37	38	8:25	33.4
24 (54)	1:17	59	0:26	51.0	34:54	39	8:35	32.6
25 (55)	0:59	68	0:32	118.5	35:53	42	9:03	33.7
26 (56)	0:53	49	0:12	29.3	36:46	42	9:09	33.1
27 (57)	1:27	63	0:29	50.0	38:13	43	9:35	33.5
28 (100)	0:51	60	0:17	50.0	39:04	43	9:46	33.3
□□	0:19	33	0:04	26.7	39:23	44	9:48	33.1