



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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**Balyasnikov, Vladimir**

□□: 110%

□□□: 47:28

□□□□: 7:37 min/km

□□: 6.23 km / 28 □□

□□□□:

Men -21E

□□□□□: 63(of 73)

□□□□□□: 29:35

□□: 17:53

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	1:50	48	0:24	27.9	1:50	48	0:24	27.9
2 (32)	2:28	58	0:58	64.4	4:18	52	1:21	45.8
3 (33)	2:46	65	1:31	121.3	7:04	59	2:48	65.6
4 (34)	0:38	54	0:14	58.3	7:42	60	3:02	65.0
5 (35)	2:03	51	0:36	41.4	9:45	59	3:38	59.4
6 (36)	2:16	28	0:40	41.7	12:01	49	4:14	54.4
7 (37)	2:50	63	2:05	277.8	14:51	54	6:15	72.7
8 (38)	1:11	50	0:21	42.0	16:02	54	6:36	70.0
9 (39)	0:45	53	0:17	60.7	16:47	54	6:39	65.6
10 (40)	1:47	43	0:30	39.0	18:34	51	7:02	61.0
11 (41)	3:51	69	2:38	216.4	22:25	59	9:38	75.4
12 (42)	1:20	40	0:33	70.2	23:45	56	10:11	75.1
13 (43)	1:20	52	0:26	48.2	25:05	56	10:37	73.4
14 (44)	1:30	66	1:02	221.4	26:35	57	11:38	77.8
15 (45)	2:20	68	1:21	137.3	28:55	58	12:59	81.5
16 (46)	0:51	39	0:09	21.4	29:46	58	13:08	79.0
17 (47)	4:23	66	3:05	237.2	34:09	62	16:13	90.4
18 (48)	1:06	60	0:33	100.0	35:15	62	15:56	82.5
19 (49)	0:20	6	0:02	11.1	35:35	62	15:58	81.4
20 (50)	1:29	54	0:26	41.3	37:04	62	16:24	79.4
21 (51)	1:07	41	0:14	26.4	38:11	62	16:33	76.5
22 (52)	1:18	62	0:30	62.5	39:29	62	16:37	72.7
23 (53)	3:01	55	0:41	29.3	42:30	62	17:18	68.7
24 (54)	1:01	23	0:10	19.6	43:31	62	17:12	65.4
25 (55)	0:38	54	0:11	40.7	44:09	62	17:19	64.5
26 (56)	0:54	53	0:13	31.7	45:03	62	17:26	63.1
27 (57)	1:17	54	0:19	32.8	46:20	63	17:42	61.8
28 (100)	0:48	49	0:14	41.2	47:08	63	17:50	60.9
□□	0:20	44	0:05	33.3	47:28	63	17:53	60.5