



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Bondins, Jevgēnijs

□□: Auseklis IK

□□□: 40:17

□□□□: 7:26 min/km

□□: 5.41 km / 26 □□

□□□□:

Men 35-

□□□□□: 8(of 33)

□□□□□□: 35:14

□□: 5:03

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	3:51	26	2:10	128.7	3:51	26	2:10	128.7
2 (82)	0:35	3	0:03	9.4	4:26	24	2:09	94.2
3 (83)	3:08	12	0:54	40.3	7:34	20	2:37	52.9
4 (84)	1:09	11	0:14	25.5	8:43	18	2:44	45.7
5 (85)	1:10	3	0:08	12.9	9:53	13	2:42	37.6
6 (86)	2:34	28	1:32	148.4	12:27	16	4:09	50.0
7 (87)	1:15	6	0:13	21.0	13:42	15	4:18	45.7
8 (88)	2:18	13	0:22	19.0	16:00	14	4:21	37.3
9 (89)	1:35	8	0:11	13.1	17:35	14	4:27	33.9
10 (90)	1:53	7	0:06	5.6	19:28	14	4:27	29.6
11 (91)	2:34	2	0:10	6.9	22:02	10	4:17	24.1
12 (92)	1:31	19	0:20	28.2	23:33	9	4:30	23.6
13 (93)	1:14	5	0:06	8.8	24:47	9	4:21	21.3
14 (94)	1:31	15	0:25	37.9	26:18	9	4:35	21.1
15 (95)	1:34	16	0:37	64.9	27:52	9	4:56	21.5
16 (96)	1:21	1	-	-	29:13	8	4:24	17.7
17 (97)	1:59	22	0:48	67.6	31:12	9	5:10	19.9
18 (98)	0:48	8	0:05	11.6	32:00	9	5:09	19.2
19 (99)	0:38	1	-	-	32:38	9	5:02	18.2
20 (101)	2:05	2	0:05	4.2	34:43	8	4:58	16.7
21 (78)	0:52	11	0:09	20.9	35:35	8	5:02	16.5
22 (53)	0:37	7	0:03	8.8	36:12	8	5:03	16.2
23 (102)	0:51	2	0:02	4.1	37:03	8	4:58	15.5
24 (103)	1:42	8	0:24	30.8	38:45	8	5:09	15.3
25 (104)	0:47	2	0:01	2.2	39:32	8	5:08	14.9
26 (100)	0:26	2	0:01	4.0	39:58	8	5:04	14.5
□□	0:19	4	0:02	11.8	40:17	8	5:03	14.3