



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Shein, Aleksandr

□□: KUZMOLOVO

□□□: 42:06

□□□□: 7:46 min/km

□□: 5.41 km / 26 □□

□□□□:

Men 35-

□□□□□: 11(of 33)

□□□□□□□: 35:14

□□: 6:52

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	2:11	19	0:30	29.7	2:11	19	0:30	29.7
2 (82)	0:43	13	0:11	34.4	2:54	13	0:37	27.0
3 (83)	2:44	7	0:30	22.4	5:38	7	0:41	13.8
4 (84)	1:05	6	0:10	18.2	6:43	5	0:44	12.3
5 (85)	1:14	5	0:12	19.4	7:57	5	0:46	10.7
6 (86)	1:32	14	0:30	48.4	9:29	5	1:11	14.3
7 (87)	1:20	12	0:18	29.0	10:49	5	1:25	15.1
8 (88)	2:14	9	0:18	15.5	13:03	5	1:24	12.0
9 (89)	1:43	12	0:19	22.6	14:46	4	1:38	12.4
10 (90)	1:58	13	0:11	10.3	16:44	4	1:43	11.4
11 (91)	3:08	17	0:44	30.6	19:52	4	2:07	11.9
12 (92)	1:28	16	0:17	23.9	21:20	4	2:17	12.0
13 (93)	1:23	8	0:15	22.1	22:43	4	2:17	11.2
14 (94)	3:04	28	1:58	178.8	25:47	7	4:04	18.7
15 (95)	1:55	23	0:58	101.8	27:42	8	4:46	20.8
16 (96)	1:46	17	0:25	30.9	29:28	9	4:39	18.7
17 (97)	1:29	13	0:18	25.4	30:57	8	4:55	18.9
18 (98)	0:55	21	0:12	27.9	31:52	8	5:01	18.7
19 (99)	0:44	5	0:06	15.8	32:36	8	5:00	18.1
20 (101)	2:27	18	0:27	22.5	35:03	9	5:18	17.8
21 (78)	0:53	16	0:10	23.3	35:56	9	5:23	17.6
22 (53)	0:45	24	0:11	32.4	36:41	9	5:32	17.8
23 (102)	1:13	25	0:24	49.0	37:54	9	5:49	18.1
24 (103)	2:23	23	1:05	83.3	40:17	10	6:41	19.9
25 (104)	0:53	9	0:07	15.2	41:10	10	6:46	19.7
26 (100)	0:34	21	0:09	36.0	41:44	10	6:50	19.6
□□	0:22	20	0:05	29.4	42:06	11	6:52	19.5