



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Sytov, Nikolay

□□: Mosmeridian

□□□: 37:12

□□□□: 6:56 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 13(of 47)

□□□□□□: 30:19

□□: 6:53

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	1:53	11	0:22	24.2	1:53	11	0:22	24.2
2 (130)	0:27	6	0:05	22.7	2:20	8	0:20	16.7
3 (81)	1:45	15	0:21	25.0	4:05	9	0:40	19.5
4 (134)	1:02	15	0:11	21.6	5:07	7	0:51	19.9
5 (107)	4:04	36	2:02	100.0	9:11	25	2:47	43.5
6 (88)	1:25	3	0:06	7.6	10:36	17	2:53	37.4
7 (111)	0:58	16	0:10	20.8	11:34	16	3:02	35.6
8 (108)	2:05	18	0:33	35.9	13:39	14	3:35	35.6
9 (129)	0:45	5	0:02	4.7	14:24	14	3:37	33.5
10 (91)	3:27	11	0:38	22.5	17:51	13	4:11	30.6
11 (94)	0:49	7	0:07	16.7	18:40	13	3:55	26.6
12 (112)	1:14	8	0:08	12.1	19:54	12	4:03	25.6
13 (90)	1:01	10	0:12	24.5	20:55	11	4:11	25.0
14 (125)	1:33	43	1:06	244.4	22:28	15	5:11	30.0
15 (92)	3:28	21	0:44	26.8	25:56	15	5:38	27.8
16 (133)	2:02	11	0:26	27.1	27:58	14	6:02	27.5
17 (117)	1:10	15	0:14	25.0	29:08	14	6:10	26.9
18 (98)	0:44	9	0:04	10.0	29:52	14	6:14	26.4
19 (128)	2:45	8	0:15	10.0	32:37	14	6:26	24.6
20 (78)	0:16	1	-	-	32:53	14	6:25	24.2
21 (53)	0:33	1	-	-	33:26	13	6:25	23.8
22 (121)	1:30	21	0:22	32.4	34:56	14	6:45	24.0
23 (104)	1:23	2	0:03	3.8	36:19	13	6:48	23.0
24 (100)	0:31	19	0:06	24.0	36:50	13	6:51	22.9
□□	0:22	23	0:04	22.2	37:12	13	6:53	22.7