



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Konanov, Dmitrijs

□□: Yarkij Mir

□□□: 42:50

□□□□: 7:59 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 26(of 47)

□□□□□□: 30:19

□□: 12:31

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	□□	-	-	%	□□	-	-	%
1 (105)	1:37	7	0:06	6.6	1:37	7	0:06	6.6
2 (130)	1:43	41	1:21	368.2	3:20	35	1:20	66.7
3 (81)	3:13	38	1:49	129.8	6:33	33	3:08	91.7
4 (134)	0:59	9	0:08	15.7	7:32	32	3:16	76.6
5 (107)	2:46	24	0:44	36.1	10:18	29	3:54	60.9
6 (88)	1:44	21	0:25	31.7	12:02	26	4:19	55.9
7 (111)	0:58	16	0:10	20.8	13:00	26	4:28	52.3
8 (108)	4:06	38	2:34	167.4	17:06	29	7:02	69.9
9 (129)	1:09	40	0:26	60.5	18:15	29	7:28	69.2
10 (91)	3:47	23	0:58	34.3	22:02	29	8:22	61.2
11 (94)	1:07	32	0:25	59.5	23:09	30	8:24	57.0
12 (112)	1:15	9	0:09	13.6	24:24	28	8:33	53.9
13 (90)	1:06	15	0:17	34.7	25:30	28	8:46	52.4
14 (125)	0:36	13	0:09	33.3	26:06	27	8:49	51.0
15 (92)	3:47	32	1:03	38.4	29:53	25	9:35	47.2
16 (133)	2:10	19	0:34	35.4	32:03	25	10:07	46.1
17 (117)	1:16	23	0:20	35.7	33:19	25	10:21	45.1
18 (98)	0:45	12	0:05	12.5	34:04	24	10:26	44.2
19 (128)	3:50	39	1:20	53.3	37:54	27	11:43	44.8
20 (78)	0:19	17	0:03	18.8	38:13	27	11:45	44.4
21 (53)	0:41	16	0:08	24.2	38:54	27	11:53	44.0
22 (121)	1:25	14	0:17	25.0	40:19	26	12:08	43.1
23 (104)	1:40	26	0:20	25.0	41:59	26	12:28	42.2
24 (100)	0:30	15	0:05	20.0	42:29	26	12:30	41.7
□□	0:21	16	0:03	16.7	42:50	26	12:31	41.3