



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Konanov, Dmitrijs

□□: Yarkij Mir

□□□: 42:50

□□□□: 7:59 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 26(of 47)

□□□□□□: 30:19

□□: 12:31

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 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 |