



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Frolovs, Dmitrijs

□□: Auseklis IK

□□□: 44:52

□□□□: 8:22 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 30(of 47)

□□□□□□: 30:19

□□: 14:33

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:19	28	0:48	52.8	2:19	28	0:48	52.8
2 (130)	0:30	13	0:08	36.4	2:49	23	0:49	40.8
3 (81)	1:48	17	0:24	28.6	4:37	17	1:12	35.1
4 (134)	1:05	20	0:14	27.5	5:42	17	1:26	33.6
5 (107)	2:43	21	0:41	33.6	8:25	15	2:01	31.5
6 (88)	2:51	37	1:32	116.5	11:16	21	3:33	46.0
7 (111)	1:25	41	0:37	77.1	12:41	25	4:09	48.6
8 (108)	2:07	19	0:35	38.0	14:48	20	4:44	47.0
9 (129)	1:06	39	0:23	53.5	15:54	21	5:07	47.5
10 (91)	3:56	27	1:07	39.6	19:50	22	6:10	45.1
11 (94)	1:12	38	0:30	71.4	21:02	23	6:17	42.6
12 (112)	4:27	44	3:21	304.6	25:29	33	9:38	60.8
13 (90)	1:21	35	0:32	65.3	26:50	33	10:06	60.4
14 (125)	0:42	31	0:15	55.6	27:32	33	10:15	59.3
15 (92)	4:00	37	1:16	46.3	31:32	33	11:14	55.3
16 (133)	2:35	29	0:59	61.5	34:07	32	12:11	55.6
17 (117)	1:16	23	0:20	35.7	35:23	32	12:25	54.1
18 (98)	0:49	20	0:09	22.5	36:12	32	12:34	53.2
19 (128)	3:23	24	0:53	35.3	39:35	31	13:24	51.2
20 (78)	0:23	37	0:07	43.8	39:58	31	13:30	51.0
21 (53)	0:44	26	0:11	33.3	40:42	31	13:41	50.7
22 (121)	1:32	26	0:24	35.3	42:14	30	14:03	49.9
23 (104)	1:41	27	0:21	26.3	43:55	30	14:24	48.8
24 (100)	0:35	28	0:10	40.0	44:30	30	14:31	48.4
□□	0:22	23	0:04	22.2	44:52	30	14:33	48.0