



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Volkovas, Darius

□□: OK KOPA

□□□: 45:28

□□□□: 8:28 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 31(of 47)

□□□□□□: 30:19

□□: 15:09

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (105) | 2:25 | 30 | 0:54 | 59.3 | 2:25 | 30 | 0:54 | 59.3 |
| 2 (130) | 0:43 | 36 | 0:21 | 95.5 | 3:08 | 30 | 1:08 | 56.7 |
| 3 (81) | 1:58 | 24 | 0:34 | 40.5 | 5:06 | 26 | 1:41 | 49.3 |
| 4 (134) | 1:24 | 37 | 0:33 | 64.7 | 6:30 | 29 | 2:14 | 52.3 |
| 5 (107) | 2:58 | 28 | 0:56 | 45.9 | 9:28 | 27 | 3:04 | 47.9 |
| 6 (88) | 1:53 | 24 | 0:34 | 43.0 | 11:21 | 24 | 3:38 | 47.1 |
| 7 (111) | 1:13 | 35 | 0:25 | 52.1 | 12:34 | 23 | 4:02 | 47.3 |
| 8 (108) | 2:22 | 24 | 0:50 | 54.4 | 14:56 | 22 | 4:52 | 48.3 |
| 9 (129) | 0:56 | 28 | 0:13 | 30.2 | 15:52 | 20 | 5:05 | 47.1 |
| 10 (91) | 4:25 | 32 | 1:36 | 56.8 | 20:17 | 25 | 6:37 | 48.4 |
| 11 (94) | 0:59 | 26 | 0:17 | 40.5 | 21:16 | 24 | 6:31 | 44.2 |
| 12 (112) | 2:08 | 41 | 1:02 | 93.9 | 23:24 | 25 | 7:33 | 47.6 |
| 13 (90) | 1:17 | 31 | 0:28 | 57.1 | 24:41 | 26 | 7:57 | 47.5 |
| 14 (125) | 0:50 | 37 | 0:23 | 85.2 | 25:31 | 25 | 8:14 | 47.6 |
| 15 (92) | 4:29 | 39 | 1:45 | 64.0 | 30:00 | 26 | 9:42 | 47.8 |
| 16 (133) | 2:46 | 32 | 1:10 | 72.9 | 32:46 | 29 | 10:50 | 49.4 |
| 17 (117) | 1:33 | 36 | 0:37 | 66.1 | 34:19 | 30 | 11:21 | 49.4 |
| 18 (98) | 1:10 | 42 | 0:30 | 75.0 | 35:29 | 30 | 11:51 | 50.1 |
| 19 (128) | 3:37 | 34 | 1:07 | 44.7 | 39:06 | 30 | 12:55 | 49.3 |
| 20 (78) | 0:22 | 35 | 0:06 | 37.5 | 39:28 | 30 | 13:00 | 49.1 |
| 21 (53) | 0:47 | 36 | 0:14 | 42.4 | 40:15 | 30 | 13:14 | 49.0 |
| 22 (121) | 2:01 | 39 | 0:53 | 77.9 | 42:16 | 31 | 14:05 | 50.0 |
| 23 (104) | 2:11 | 38 | 0:51 | 63.8 | 44:27 | 31 | 14:56 | 50.6 |
| 24 (100) | 0:37 | 33 | 0:12 | 48.0 | 45:04 | 31 | 15:05 | 50.3 |
| □□ | 0:24 | 29 | 0:06 | 33.3 | 45:28 | 31 | 15:09 | 50.0 |