



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Volkovas, Darius

□□: OK KOPA

□□□: 45:28

□□□□: 8:28 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 31(of 47)

□□□□□□: 30:19

□□: 15:09

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
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