



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

GNIEDOV, VOLODYMYR

□□: Ukraine

□□□: 1:07:31

□□□□: 12:35 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 40-

□□□□□: 42(of 47)

□□□□□□: 30:19

□□: 37:12

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (105) | 2:51 | 39 | 1:20 | 87.9 | 2:51 | 39 | 1:20 | 87.9 |
| 2 (130) | 3:14 | 43 | 2:52 | 781.8 | 6:05 | 42 | 4:05 | 204.2 |
| 3 (81) | 2:45 | 34 | 1:21 | 96.4 | 8:50 | 41 | 5:25 | 158.5 |
| 4 (134) | 1:14 | 27 | 0:23 | 45.1 | 10:04 | 41 | 5:48 | 135.9 |
| 5 (107) | 6:47 | 42 | 4:45 | 233.6 | 16:51 | 43 | 10:27 | 163.3 |
| 6 (88) | 2:39 | 35 | 1:20 | 101.3 | 19:30 | 43 | 11:47 | 152.7 |
| 7 (111) | 1:26 | 42 | 0:38 | 79.2 | 20:56 | 43 | 12:24 | 145.3 |
| 8 (108) | 3:38 | 35 | 2:06 | 137.0 | 24:34 | 40 | 14:30 | 144.0 |
| 9 (129) | 1:04 | 37 | 0:21 | 48.8 | 25:38 | 40 | 14:51 | 137.7 |
| 10 (91) | 15:03 | 44 | 12:14 | 434.3 | 40:41 | 42 | 27:01 | 197.7 |
| 11 (94) | 1:21 | 41 | 0:39 | 92.9 | 42:02 | 42 | 27:17 | 185.0 |
| 12 (112) | 1:51 | 38 | 0:45 | 68.2 | 43:53 | 42 | 28:02 | 176.9 |
| 13 (90) | 1:40 | 42 | 0:51 | 104.1 | 45:33 | 42 | 28:49 | 172.2 |
| 14 (125) | 0:45 | 35 | 0:18 | 66.7 | 46:18 | 42 | 29:01 | 167.9 |
| 15 (92) | 3:59 | 36 | 1:15 | 45.7 | 50:17 | 42 | 29:59 | 147.7 |
| 16 (133) | 4:50 | 42 | 3:14 | 202.1 | 55:07 | 42 | 33:11 | 151.3 |
| 17 (117) | 1:30 | 35 | 0:34 | 60.7 | 56:37 | 42 | 33:39 | 146.5 |
| 18 (98) | 1:29 | 43 | 0:49 | 122.5 | 58:06 | 42 | 34:28 | 145.8 |
| 19 (128) | 3:47 | 38 | 1:17 | 51.3 | 1:01:53 | 42 | 35:42 | 136.4 |
| 20 (78) | 0:24 | 39 | 0:08 | 50.0 | 1:02:17 | 42 | 35:49 | 135.3 |
| 21 (53) | 0:46 | 31 | 0:13 | 39.4 | 1:03:03 | 42 | 36:02 | 133.4 |
| 22 (121) | 1:57 | 37 | 0:49 | 72.1 | 1:05:00 | 42 | 36:49 | 130.6 |
| 23 (104) | 1:37 | 18 | 0:17 | 21.3 | 1:06:37 | 42 | 37:06 | 125.7 |
| 24 (100) | 0:30 | 15 | 0:05 | 20.0 | 1:07:07 | 42 | 37:08 | 123.9 |
| □□ | 0:24 | 29 | 0:06 | 33.3 | 1:07:31 | 42 | 37:12 | 122.7 |