



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Pasechnik, Vladimir

□□: IZHORA

□□□: 41:56

□□□□: 7:49 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 7(of 38)

□□□□□□: 32:38

□□: 9:18

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	2:55	23	1:14	73.3	2:55	23	1:14	73.3
2 (130)	0:25	2	0:01	4.2	3:20	16	1:05	48.2
3 (81)	2:56	28	1:28	100.0	6:16	21	2:33	68.6
4 (134)	1:40	23	0:47	88.7	7:56	20	3:19	71.8
5 (107)	2:36	6	0:23	17.3	10:32	14	3:17	45.3
6 (88)	1:40	10	0:18	22.0	12:12	13	3:17	36.8
7 (111)	1:04	7	0:10	18.5	13:16	11	3:17	32.9
8 (108)	2:09	10	0:31	31.6	15:25	9	3:48	32.7
9 (129)	0:53	7	0:06	12.8	16:18	9	3:48	30.4
10 (91)	4:40	21	1:45	60.0	20:58	10	5:23	34.6
11 (94)	0:52	7	0:06	13.0	21:50	10	5:22	32.6
12 (112)	1:24	10	0:10	13.5	23:14	10	5:32	31.3
13 (90)	1:14	18	0:21	39.6	24:28	10	5:46	30.8
14 (125)	0:50	26	0:20	66.7	25:18	10	6:06	31.8
15 (92)	3:48	12	0:55	31.8	29:06	9	7:01	31.8
16 (133)	2:11	11	0:25	23.6	31:17	8	7:26	31.2
17 (117)	1:19	15	0:18	29.5	32:36	8	7:44	31.1
18 (98)	0:51	13	0:11	27.5	33:27	8	7:55	31.0
19 (128)	3:15	13	0:29	17.5	36:42	7	8:14	28.9
20 (78)	0:19	8	0:05	35.7	37:01	7	8:17	28.8
21 (53)	0:41	14	0:05	13.9	37:42	7	8:21	28.5
22 (121)	1:29	11	0:19	27.1	39:11	7	8:40	28.4
23 (104)	1:48	14	0:29	36.7	40:59	7	9:09	28.7
24 (100)	0:35	15	0:08	29.6	41:34	7	9:17	28.8
□□	0:22	6	0:04	22.2	41:56	7	9:18	28.5