



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Pasechnik, Sergey

□□: IZHORA

□□□: 1:00:06

□□□□: 11:12 min/km

□□: 5.36 km / 24 □□

□□□□:

Men 45-

□□□□□: 27(of 38)

□□□□□□: 32:38

□□: 27:28

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	5:14	30	3:33	210.9	5:14	30	3:33	210.9
2 (130)	0:24	1	-	-	5:38	30	3:23	150.4
3 (81)	1:55	11	0:27	30.7	7:33	25	3:50	103.1
4 (134)	1:46	25	0:53	100.0	9:19	25	4:42	101.8
5 (107)	7:55	29	5:42	257.1	17:14	28	9:59	137.7
6 (88)	4:12	30	2:50	207.3	21:26	30	12:31	140.4
7 (111)	1:02	6	0:08	14.8	22:28	28	12:29	125.0
8 (108)	5:14	29	3:36	220.4	27:42	28	16:05	138.5
9 (129)	2:40	33	1:53	240.4	30:22	29	17:52	142.9
10 (91)	4:08	14	1:13	41.7	34:30	28	18:55	121.4
11 (94)	1:24	31	0:38	82.6	35:54	28	19:26	118.0
12 (112)	1:39	22	0:25	33.8	37:33	28	19:51	112.2
13 (90)	1:07	9	0:14	26.4	38:40	28	19:58	106.8
14 (125)	0:43	17	0:13	43.3	39:23	28	20:11	105.1
15 (92)	4:12	20	1:19	45.7	43:35	28	21:30	97.4
16 (133)	2:37	22	0:51	48.1	46:12	29	22:21	93.7
17 (117)	1:27	17	0:26	42.6	47:39	27	22:47	91.6
18 (98)	0:53	15	0:13	32.5	48:32	27	23:00	90.1
19 (128)	6:08	32	3:22	121.7	54:40	27	26:12	92.0
20 (78)	0:20	14	0:06	42.9	55:00	27	26:16	91.4
21 (53)	0:44	16	0:08	22.2	55:44	27	26:23	89.9
22 (121)	1:34	14	0:24	34.3	57:18	27	26:47	87.8
23 (104)	1:52	17	0:33	41.8	59:10	27	27:20	85.9
24 (100)	0:33	6	0:06	22.2	59:43	27	27:26	85.0
□□	0:23	8	0:05	27.8	1:00:06	27	27:28	84.2