



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Kirill, Gorev

□□: Ind.

□□□: 40:34

□□□□: 8:07 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 8(of 29)

□□□□□□□: 32:54

□□: 7:40

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:40	18	1:45	91.3	3:40	18	1:45	91.3
2 (106)	0:53	9	0:16	43.2	4:33	15	1:54	71.7
3 (108)	2:38	8	0:50	46.3	7:11	11	2:00	38.6
4 (124)	3:21	24	1:55	133.7	10:32	14	3:55	59.2
5 (110)	1:12	5	0:06	9.1	11:44	11	4:01	52.1
6 (129)	1:54	9	0:30	35.7	13:38	10	4:04	42.5
7 (89)	1:26	6	0:06	7.5	15:04	8	4:07	37.6
8 (125)	2:46	6	0:31	23.0	17:50	8	4:23	32.6
9 (113)	2:23	11	0:21	17.2	20:13	8	4:39	29.9
10 (91)	1:00	16	0:19	46.3	21:13	8	4:56	30.3
11 (112)	1:59	7	0:15	14.4	23:12	8	5:09	28.5
12 (88)	2:10	22	0:48	58.5	25:22	7	5:49	29.8
13 (96)	3:12	7	0:20	11.6	28:34	7	5:59	26.5
14 (98)	1:44	10	0:18	20.9	30:18	8	6:14	25.9
15 (118)	1:08	10	0:10	17.2	31:26	7	6:22	25.4
16 (101)	2:17	4	0:03	2.2	33:43	7	6:22	23.3
17 (78)	1:11	21	0:20	39.2	34:54	7	6:41	23.7
18 (53)	0:49	15	0:11	29.0	35:43	8	6:51	23.7
19 (126)	1:25	12	0:15	21.4	37:08	8	7:05	23.6
20 (103)	1:22	22	0:32	64.0	38:30	8	7:34	24.5
21 (122)	0:46	6	0:05	12.2	39:16	8	7:35	23.9
22 (100)	0:56	10	0:08	16.7	40:12	8	7:42	23.7
□□	0:22	4	0:03	15.8	40:34	8	7:40	23.3