



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Gureev, Maxim

□□: Mile-Sport, SPB

□□□: 50:05

□□□□: 10:02 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 21(of 29)

□□□□□□: 32:54

□□: 17:11

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	4:49	24	2:54	151.3	4:49	24	2:54	151.3
2 (106)	1:00	11	0:23	62.2	5:49	22	3:10	119.5
3 (108)	5:59	28	4:11	232.4	11:48	26	6:37	127.7
4 (124)	1:31	2	0:05	5.8	13:19	26	6:42	101.3
5 (110)	1:24	11	0:18	27.3	14:43	22	7:00	90.7
6 (129)	5:26	29	4:02	288.1	20:09	26	10:35	110.6
7 (89)	1:40	9	0:20	25.0	21:49	25	10:52	99.2
8 (125)	3:13	18	0:58	43.0	25:02	25	11:35	86.1
9 (113)	2:13	8	0:11	9.0	27:15	25	11:41	75.1
10 (91)	0:54	12	0:13	31.7	28:09	23	11:52	72.9
11 (112)	2:03	8	0:19	18.3	30:12	21	12:09	67.3
12 (88)	1:54	14	0:32	39.0	32:06	20	12:33	64.2
13 (96)	3:42	14	0:50	29.1	35:48	19	13:13	58.5
14 (98)	2:16	22	0:50	58.1	38:04	20	14:00	58.2
15 (118)	1:29	19	0:31	53.5	39:33	20	14:29	57.8
16 (101)	3:11	24	0:57	42.5	42:44	22	15:23	56.3
17 (78)	1:05	14	0:14	27.5	43:49	22	15:36	55.3
18 (53)	0:49	15	0:11	29.0	44:38	22	15:46	54.6
19 (126)	1:29	16	0:19	27.1	46:07	21	16:04	53.5
20 (103)	1:35	25	0:45	90.0	47:42	21	16:46	54.2
21 (122)	0:53	15	0:12	29.3	48:35	21	16:54	53.3
22 (100)	1:04	20	0:16	33.3	49:39	21	17:09	52.8
□□	0:26	13	0:07	36.8	50:05	21	17:11	52.2