



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Ivanov, Andrey

□□: 110%

□□□: 55:29

□□□□: 11:07 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 50-

□□□□□: 26(of 29)

□□□□□□: 32:54

□□: 22:35

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	4:35	23	2:40	139.1	4:35	23	2:40	139.1
2 (106)	1:16	24	0:39	105.4	5:51	23	3:12	120.8
3 (108)	4:21	25	2:33	141.7	10:12	24	5:01	96.8
4 (124)	2:49	23	1:23	96.5	13:01	25	6:24	96.7
5 (110)	2:04	23	0:58	87.9	15:05	25	7:22	95.5
6 (129)	2:22	18	0:58	69.1	17:27	24	7:53	82.4
7 (89)	2:19	23	0:59	73.8	19:46	23	8:49	80.5
8 (125)	3:19	20	1:04	47.4	23:05	22	9:38	71.6
9 (113)	3:20	25	1:18	63.9	26:25	22	10:51	69.7
10 (91)	1:57	27	1:16	185.4	28:22	25	12:05	74.2
11 (112)	3:04	21	1:20	76.9	31:26	24	13:23	74.2
12 (88)	3:11	27	1:49	132.9	34:37	26	15:04	77.1
13 (96)	4:42	24	1:50	64.0	39:19	26	16:44	74.1
14 (98)	2:20	23	0:54	62.8	41:39	26	17:35	73.1
15 (118)	1:34	22	0:36	62.1	43:13	25	18:09	72.4
16 (101)	3:26	26	1:12	53.7	46:39	25	19:18	70.6
17 (78)	1:32	28	0:41	80.4	48:11	25	19:58	70.8
18 (53)	1:03	28	0:25	65.8	49:14	25	20:22	70.6
19 (126)	2:02	23	0:52	74.3	51:16	26	21:13	70.6
20 (103)	1:29	24	0:39	78.0	52:45	26	21:49	70.5
21 (122)	1:01	25	0:20	48.8	53:46	26	22:05	69.7
22 (100)	1:11	27	0:23	47.9	54:57	26	22:27	69.1
□□	0:32	27	0:13	68.4	55:29	26	22:35	68.6