



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Iudov, Sergei

□□: OK Kaliningrad

□□□: 46:37

□□□□: 9:20 min/km

□□: 4.99 km / 22 □□

□□□□:

Men 55-

□□□□□: 11(of 23)

□□□□□□: 36:23

□□: 10:14

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	2:52	8	0:48	38.7	2:52	8	0:48	38.7
2 (106)	1:05	8	0:17	35.4	3:57	8	0:55	30.2
3 (108)	3:26	12	1:14	56.1	7:23	8	1:28	24.8
4 (124)	2:23	15	0:53	58.9	9:46	8	2:04	26.8
5 (110)	1:36	16	0:34	54.8	11:22	8	2:34	29.2
6 (129)	2:26	21	1:03	75.9	13:48	10	3:10	29.8
7 (89)	1:57	16	0:40	52.0	15:45	10	3:21	27.0
8 (125)	3:42	17	1:21	57.5	19:27	13	4:25	29.4
9 (113)	3:00	16	1:05	56.5	22:27	14	5:05	29.3
10 (91)	1:00	17	0:17	39.5	23:27	14	5:21	29.6
11 (112)	2:18	9	0:43	45.3	25:45	14	5:07	24.8
12 (88)	1:50	13	0:31	39.2	27:35	13	5:28	24.7
13 (96)	3:59	14	1:05	37.4	31:34	12	6:25	25.5
14 (98)	2:05	17	0:38	43.7	33:39	11	6:58	26.1
15 (118)	1:17	10	0:15	24.2	34:56	11	7:08	25.7
16 (101)	2:39	12	0:30	23.3	37:35	11	7:23	24.5
17 (78)	1:00	7	0:10	20.0	38:35	11	7:28	24.0
18 (53)	0:42	4	0:06	16.7	39:17	11	7:27	23.4
19 (126)	1:19	8	0:09	12.9	40:36	11	7:31	22.7
20 (103)	3:33	21	2:43	326.0	44:09	11	10:02	29.4
21 (122)	1:02	19	0:20	47.6	45:11	11	10:12	29.2
22 (100)	1:00	15	0:17	39.5	46:11	11	10:13	28.4
□□	0:26	14	0:05	23.8	46:37	11	10:14	28.1