



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Miasnikov, Sergei

□□: OK Kaliningrad

□□□: 1:11:32

□□□□: 19:29 min/km

□□: 3.67 km / 18 □□

□□□□:

Men 65-

□□□□□: 15(of 15)

□□□□□□: 29:38

□□: 41:54

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	5:55	12	3:13	119.1	5:55	12	3:13	119.1
2 (87)	7:01	15	4:38	194.4	12:56	14	7:51	154.4
3 (108)	7:27	14	5:56	391.2	20:23	14	13:44	206.5
4 (124)	4:30	14	2:45	157.1	24:53	15	16:17	189.3
5 (88)	1:24	11	0:30	55.6	26:17	15	16:46	176.2
6 (84)	4:12	13	3:16	350.0	30:29	15	19:55	188.5
7 (129)	2:26	11	1:07	84.8	32:55	15	20:27	164.0
8 (113)	8:24	10	3:48	82.6	41:19	15	24:05	139.8
9 (92)	2:19	13	1:09	98.6	43:38	15	25:09	136.1
10 (117)	4:00	12	1:44	76.5	47:38	15	26:43	127.7
11 (97)	5:42	15	5:06	850.0	53:20	15	31:27	143.7
12 (99)	5:08	15	4:04	381.3	58:28	15	35:31	154.8
13 (101)	4:06	14	1:43	72.0	1:02:34	15	37:14	147.0
14 (128)	1:31	15	0:53	139.5	1:04:05	15	38:06	146.6
15 (53)	1:25	13	0:35	70.0	1:05:30	15	38:41	144.3
16 (120)	3:08	15	2:02	184.9	1:08:38	15	40:37	145.0
17 (104)	1:23	15	0:39	88.6	1:10:01	15	41:16	143.5
18 (100)	1:00	14	0:29	93.6	1:11:01	15	41:45	142.7
□□	0:31	10	0:09	40.9	1:11:32	15	41:54	141.4