



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Čerņiševs, Vadims

□□: Ziemeļkurzeme OK

□□□: 1:09:14

□□□□: 18:33 min/km

□□: 3.73 km / 17 □□

□□□□:

Men 75-

□□□□□: 2(of 6)

□□□□□□□: 1:07:34

□□: 1:40

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	4:43	3	0:25	9.7	4:43	3	0:25	9.7
2 (87)	4:15	2	0:38	17.5	8:58	2	1:03	13.3
3 (129)	2:13	4	0:40	43.0	11:11	2	1:43	18.1
4 (86)	4:40	4	3:02	185.7	15:51	3	4:45	42.8
5 (89)	2:29	3	0:44	41.9	18:20	3	5:29	42.7
6 (109)	3:12	2	0:37	23.9	21:32	2	6:06	39.5
7 (84)	2:07	4	0:46	56.8	23:39	2	5:56	33.5
8 (111)	3:20	2	0:14	7.5	26:59	2	6:10	29.6
9 (94)	20:08	4	14:59	290.9	47:07	2	8:23	21.6
10 (115)	4:04	1	-	-	51:11	2	6:47	15.3
11 (96)	2:41	2	0:14	9.5	53:52	2	5:37	11.6
12 (116)	2:03	2	0:14	12.8	55:55	2	2:27	4.6
13 (78)	6:40	1	-	-	1:02:35	2	1:30	2.5
14 (53)	1:08	3	0:08	13.3	1:03:43	2	1:32	2.5
15 (120)	3:02	5	0:37	25.5	1:06:45	2	1:49	2.8
16 (131)	1:08	4	0:14	25.9	1:07:53	2	1:54	2.9
17 (100)	0:45	3	0:03	7.1	1:08:38	2	1:49	2.7
□□	0:36	3	0:05	16.1	1:09:14	2	1:40	2.5