



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Skrastina, Aija

□□: Briksnis SK

□□□: 32:09

□□□□: 6:18 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -21E

□□□□□: 2(of 35)

□□□□□□□: 29:56

□□: 2:13

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	3:58	30	2:07	114.4	3:58	30	2:07	114.4
2 (59)	0:52	2	0:01	2.0	4:50	23	2:05	75.8
3 (60)	1:05	4	0:05	8.3	5:55	22	2:10	57.8
4 (61)	1:34	3	0:01	1.1	7:29	15	2:04	38.2
5 (62)	1:28	10	0:10	12.8	8:57	15	2:07	31.0
6 (63)	1:05	2	0:02	3.2	10:02	10	2:05	26.2
7 (64)	1:00	3	0:01	1.7	11:02	8	2:06	23.5
8 (65)	1:38	2	0:01	1.0	12:40	8	2:03	19.3
9 (66)	1:06	9	0:08	13.8	13:46	8	2:03	17.5
10 (67)	1:07	4	0:12	21.8	14:53	6	2:05	16.3
11 (68)	1:20	2	0:01	1.3	16:13	5	2:06	14.9
12 (43)	1:16	1	-	-	17:29	5	2:06	13.7
13 (70)	1:26	14	0:15	21.1	18:55	4	2:04	12.3
14 (71)	0:57	12	0:14	32.6	19:52	4	2:03	11.5
15 (72)	0:33	5	0:03	10.0	20:25	4	2:03	11.2
16 (73)	2:44	1	-	-	23:09	3	2:02	9.6
17 (74)	0:44	3	0:02	4.8	23:53	3	2:04	9.5
18 (75)	0:33	1	-	-	24:26	2	2:04	9.2
19 (76)	1:21	8	0:09	12.5	25:47	2	2:05	8.8
20 (77)	2:17	3	0:12	9.6	28:04	2	2:17	8.9
21 (53)	1:16	2	0:04	5.6	29:20	2	2:21	8.7
22 (79)	1:04	3	0:05	8.5	30:24	2	2:05	7.4
23 (80)	0:58	3	0:04	7.4	31:22	2	2:09	7.4
24 (100)	0:25	7	0:02	8.7	31:47	2	2:11	7.4
□□	0:22	17	0:04	22.2	32:09	2	2:13	7.4