



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Dambe, Inga

□□: Paimion Rasti

□□□: 33:01

□□□□: 6:29 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -21E

□□□□□: 3(of 35)

□□□□□□: 29:56

□□: 3:05

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	1:53	2	0:02	1.8	1:53	2	0:02	1.8
2 (59)	0:52	2	0:01	2.0	2:45	1	-	-
3 (60)	1:00	1	-	-	3:45	1	-	-
4 (61)	2:27	25	0:54	58.1	6:12	7	0:47	14.5
5 (62)	1:24	5	0:06	7.7	7:36	5	0:46	11.2
6 (63)	2:03	28	1:00	95.2	9:39	8	1:42	21.4
7 (64)	1:18	16	0:19	32.2	10:57	7	2:01	22.6
8 (65)	1:39	3	0:02	2.1	12:36	7	1:59	18.7
9 (66)	0:58	1	-	-	13:34	7	1:51	15.8
10 (67)	1:00	2	0:05	9.1	14:34	4	1:46	13.8
11 (68)	1:33	7	0:14	17.7	16:07	4	2:00	14.2
12 (43)	1:21	4	0:05	6.6	17:28	4	2:05	13.5
13 (70)	1:11	1	-	-	18:39	3	1:48	10.7
14 (71)	0:48	2	0:05	11.6	19:27	2	1:38	9.2
15 (72)	0:33	5	0:03	10.0	20:00	2	1:38	8.9
16 (73)	2:50	5	0:06	3.7	22:50	2	1:43	8.1
17 (74)	0:45	4	0:03	7.1	23:35	2	1:46	8.1
18 (75)	0:52	17	0:19	57.6	24:27	3	2:05	9.3
19 (76)	1:37	22	0:25	34.7	26:04	3	2:22	10.0
20 (77)	2:20	5	0:15	12.0	28:24	3	2:37	10.2
21 (53)	1:16	2	0:04	5.6	29:40	3	2:41	9.9
22 (79)	1:04	3	0:05	8.5	30:44	3	2:25	8.5
23 (80)	1:32	31	0:38	70.4	32:16	3	3:03	10.4
24 (100)	0:24	4	0:01	4.4	32:40	3	3:04	10.4
□□	0:21	8	0:03	16.7	33:01	3	3:05	10.3