



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Valdmane, Līga

□□: ZVOC-VBSS

□□□: 33:56

□□□□: 6:39 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -21E

□□□□□: 5(of 35)

□□□□□□□: 29:56

□□: 4:00

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	2:00	4	0:09	8.1	2:00	4	0:09	8.1
2 (59)	0:52	2	0:01	2.0	2:52	3	0:07	4.2
3 (60)	1:03	2	0:03	5.0	3:55	3	0:10	4.4
4 (61)	1:34	3	0:01	1.1	5:29	2	0:04	1.2
5 (62)	1:21	4	0:03	3.9	6:50	1	-	-
6 (63)	1:07	4	0:04	6.4	7:57	1	-	-
7 (64)	0:59	1	-	-	8:56	1	-	-
8 (65)	2:01	11	0:24	24.7	10:57	2	0:20	3.1
9 (66)	0:59	2	0:01	1.7	11:56	2	0:13	1.9
10 (67)	1:10	5	0:15	27.3	13:06	2	0:18	2.3
11 (68)	1:34	10	0:15	19.0	14:40	2	0:33	3.9
12 (43)	1:31	14	0:15	19.7	16:11	2	0:48	5.2
13 (70)	1:22	10	0:11	15.5	17:33	2	0:42	4.2
14 (71)	2:44	32	2:01	281.4	20:17	5	2:28	13.8
15 (72)	0:50	29	0:20	66.7	21:07	6	2:45	15.0
16 (73)	3:08	12	0:24	14.6	24:15	6	3:08	14.8
17 (74)	0:47	7	0:05	11.9	25:02	6	3:13	14.7
18 (75)	0:39	8	0:06	18.2	25:41	6	3:19	14.8
19 (76)	1:32	17	0:20	27.8	27:13	5	3:31	14.8
20 (77)	2:25	9	0:20	16.0	29:38	5	3:51	14.9
21 (53)	1:18	7	0:06	8.3	30:56	5	3:57	14.6
22 (79)	1:05	5	0:06	10.2	32:01	5	3:42	13.1
23 (80)	1:11	17	0:17	31.5	33:12	5	3:59	13.6
24 (100)	0:25	7	0:02	8.7	33:37	5	4:01	13.6
□□	0:19	3	0:01	5.6	33:56	5	4:00	13.4