



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Silvennoinen, Emma

□□: Paimion Rasti

□□□: 36:57

□□□□: 7:15 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -21E

□□□□□: 12(of 35)

□□□□□□: 29:56

□□: 7:01

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	2:19	14	0:28	25.2	2:19	14	0:28	25.2
2 (59)	1:36	26	0:45	88.2	3:55	17	1:10	42.4
3 (60)	2:13	35	1:13	121.7	6:08	23	2:23	63.6
4 (61)	1:43	10	0:10	10.8	7:51	18	2:26	44.9
5 (62)	1:38	18	0:20	25.6	9:29	18	2:39	38.8
6 (63)	1:13	11	0:10	15.9	10:42	16	2:45	34.6
7 (64)	1:23	22	0:24	40.7	12:05	16	3:09	35.3
8 (65)	2:02	12	0:25	25.8	14:07	11	3:30	33.0
9 (66)	1:07	12	0:09	15.5	15:14	10	3:31	30.0
10 (67)	1:18	9	0:23	41.8	16:32	9	3:44	29.2
11 (68)	1:36	13	0:17	21.5	18:08	9	4:01	28.5
12 (43)	1:33	16	0:17	22.4	19:41	11	4:18	28.0
13 (70)	1:22	10	0:11	15.5	21:03	11	4:12	24.9
14 (71)	0:56	11	0:13	30.2	21:59	11	4:10	23.4
15 (72)	0:39	24	0:09	30.0	22:38	11	4:16	23.2
16 (73)	3:38	20	0:54	32.9	26:16	11	5:09	24.4
17 (74)	0:56	21	0:14	33.3	27:12	11	5:23	24.7
18 (75)	1:09	26	0:36	109.1	28:21	11	5:59	26.8
19 (76)	1:23	10	0:11	15.3	29:44	12	6:02	25.5
20 (77)	2:27	11	0:22	17.6	32:11	12	6:24	24.8
21 (53)	1:20	10	0:08	11.1	33:31	12	6:32	24.2
22 (79)	1:29	30	0:30	50.9	35:00	12	6:41	23.6
23 (80)	1:08	12	0:14	25.9	36:08	12	6:55	23.7
24 (100)	0:28	20	0:05	21.7	36:36	12	7:00	23.7
□□	0:21	8	0:03	16.7	36:57	12	7:01	23.4