



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Arama, Una

□□: Madonas BJSS/OK Arona

□□□: 48:32

□□□□: 9:32 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -21E

□□□□□: 28(of 35)

□□□□□□: 29:56

□□: 18:36

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	2:14	11	0:23	20.7	2:14	11	0:23	20.7
2 (59)	2:43	30	1:52	219.6	4:57	25	2:12	80.0
3 (60)	2:12	34	1:12	120.0	7:09	30	3:24	90.7
4 (61)	5:08	31	3:35	231.2	12:17	33	6:52	126.8
5 (62)	4:05	33	2:47	214.1	16:22	33	9:32	139.5
6 (63)	1:34	22	0:31	49.2	17:56	33	9:59	125.6
7 (64)	1:19	18	0:20	33.9	19:15	33	10:19	115.5
8 (65)	2:18	19	0:41	42.3	21:33	31	10:56	103.0
9 (66)	1:22	28	0:24	41.4	22:55	31	11:12	95.6
10 (67)	1:52	26	0:57	103.6	24:47	31	11:59	93.6
11 (68)	1:54	22	0:35	44.3	26:41	31	12:34	89.0
12 (43)	1:46	22	0:30	39.5	28:27	31	13:04	84.9
13 (70)	1:30	18	0:19	26.8	29:57	29	13:06	77.7
14 (71)	0:54	8	0:11	25.6	30:51	28	13:02	73.2
15 (72)	1:26	34	0:56	186.7	32:17	28	13:55	75.8
16 (73)	3:22	15	0:38	23.2	35:39	28	14:32	68.8
17 (74)	0:55	20	0:13	31.0	36:34	28	14:45	67.6
18 (75)	0:55	21	0:22	66.7	37:29	27	15:07	67.6
19 (76)	1:32	17	0:20	27.8	39:01	27	15:19	64.6
20 (77)	4:21	35	2:16	108.8	43:22	28	17:35	68.2
21 (53)	1:49	31	0:37	51.4	45:11	28	18:12	67.5
22 (79)	1:20	26	0:21	35.6	46:31	28	18:12	64.3
23 (80)	1:14	21	0:20	37.0	47:45	28	18:32	63.4
24 (100)	0:25	7	0:02	8.7	48:10	28	18:34	62.7
□□	0:22	17	0:04	22.2	48:32	28	18:36	62.1