



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Plakane, Rūta

□□: Auseklis IK

□□□: 49:21

□□□□: 9:41 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -21E

□□□□□: 29(of 35)

□□□□□□: 29:56

□□: 19:25

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	2:52	22	1:01	55.0	2:52	22	1:01	55.0
2 (59)	1:05	12	0:14	27.5	3:57	18	1:12	43.6
3 (60)	1:29	26	0:29	48.3	5:26	17	1:41	44.9
4 (61)	4:07	28	2:34	165.6	9:33	27	4:08	76.3
5 (62)	4:11	34	2:53	221.8	13:44	32	6:54	101.0
6 (63)	1:08	7	0:05	7.9	14:52	29	6:55	87.0
7 (64)	1:10	10	0:11	18.6	16:02	27	7:06	79.5
8 (65)	1:59	9	0:22	22.7	18:01	27	7:24	69.7
9 (66)	3:00	34	2:02	210.3	21:01	29	9:18	79.4
10 (67)	2:08	29	1:13	132.7	23:09	30	10:21	80.9
11 (68)	1:52	20	0:33	41.8	25:01	29	10:54	77.2
12 (43)	1:48	24	0:32	42.1	26:49	28	11:26	74.3
13 (70)	1:41	25	0:30	42.3	28:30	27	11:39	69.1
14 (71)	3:19	33	2:36	362.8	31:49	29	14:00	78.6
15 (72)	0:36	16	0:06	20.0	32:25	29	14:03	76.5
16 (73)	3:50	23	1:06	40.2	36:15	29	15:08	71.7
17 (74)	0:58	23	0:16	38.1	37:13	29	15:24	70.6
18 (75)	1:46	33	1:13	221.2	38:59	29	16:37	74.3
19 (76)	1:35	21	0:23	31.9	40:34	29	16:52	71.2
20 (77)	3:36	30	1:31	72.8	44:10	29	18:23	71.3
21 (53)	1:38	27	0:26	36.1	45:48	29	18:49	69.7
22 (79)	1:18	23	0:19	32.2	47:06	29	18:47	66.3
23 (80)	1:27	29	0:33	61.1	48:33	29	19:20	66.2
24 (100)	0:26	13	0:03	13.0	48:59	29	19:23	65.5
□□	0:22	17	0:04	22.2	49:21	29	19:25	64.9