



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Berga, Ilze

□□: Saldus OK

□□□: 39:15

□□□□: 9:34 min/km

□□: 4.10 km / 19 □□

□□□□:

Women -21A

□□□□□: 4(of 26)

□□□□□□□: 36:40

□□: 2:35

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	2:28	5	0:20	15.6	2:28	5	0:20	15.6
2 (83)	3:22	10	0:51	33.8	5:50	5	0:57	19.5
3 (109)	1:09	4	0:02	3.0	6:59	4	0:59	16.4
4 (86)	2:10	6	0:31	31.3	9:09	4	0:57	11.6
5 (89)	1:37	9	0:13	15.5	10:46	5	1:00	10.2
6 (124)	1:12	14	0:18	33.3	11:58	5	1:08	10.5
7 (125)	4:59	20	1:56	63.4	16:57	7	2:50	20.1
8 (93)	4:32	15	1:27	47.0	21:29	6	3:12	17.5
9 (115)	1:00	6	0:14	30.4	22:29	6	3:08	16.2
10 (91)	1:44	2	0:02	2.0	24:13	3	2:34	11.9
11 (116)	1:55	4	0:11	10.6	26:08	3	2:21	9.9
12 (117)	1:01	15	0:11	22.0	27:09	3	2:28	10.0
13 (118)	1:32	5	0:16	21.1	28:41	3	2:29	9.5
14 (99)	0:31	7	0:07	29.2	29:12	2	1:51	6.8
15 (119)	3:46	10	0:41	22.2	32:58	2	2:03	6.6
16 (53)	1:07	16	0:14	26.4	34:05	2	2:01	6.3
17 (103)	2:16	7	0:32	30.8	36:21	3	2:07	6.2
18 (126)	1:21	19	0:25	44.6	37:42	3	2:22	6.7
19 (100)	1:02	18	0:14	29.2	38:44	3	2:31	7.0
□□	0:31	20	0:11	55.0	39:15	4	2:35	7.1