



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Kirianova, Polina

□□: Belie Nochi

□□□: 40:35

□□□□: 9:53 min/km

□□: 4.10 km / 19 □□

□□□□:

Women -21A

□□□□□: 6(of 26)

□□□□□□: 36:40

□□: 3:55

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	2:25	4	0:17	13.3	2:25	4	0:17	13.3
2 (83)	2:40	3	0:09	6.0	5:05	2	0:12	4.1
3 (109)	1:08	2	0:01	1.5	6:13	2	0:13	3.6
4 (86)	1:59	3	0:20	20.2	8:12	1	-	-
5 (89)	1:34	7	0:10	11.9	9:46	1	-	-
6 (124)	1:04	9	0:10	18.5	10:50	1	-	-
7 (125)	3:17	6	0:14	7.7	14:07	1	-	-
8 (93)	8:44	26	5:39	183.2	22:51	10	4:34	25.0
9 (115)	0:46	1	-	-	23:37	9	4:16	22.1
10 (91)	3:06	18	1:24	82.4	26:43	9	5:04	23.4
11 (116)	1:44	1	-	-	28:27	8	4:40	19.6
12 (117)	0:54	6	0:04	8.0	29:21	7	4:40	18.9
13 (118)	1:16	1	-	-	30:37	6	4:25	16.9
14 (99)	0:42	20	0:18	75.0	31:19	6	3:58	14.5
15 (119)	3:27	3	0:22	11.9	34:46	5	3:51	12.5
16 (53)	1:04	10	0:11	20.8	35:50	5	3:46	11.8
17 (103)	2:20	9	0:36	34.6	38:10	6	3:56	11.5
18 (126)	1:04	7	0:08	14.3	39:14	6	3:54	11.0
19 (100)	0:56	12	0:08	16.7	40:10	6	3:57	10.9
□□	0:25	11	0:05	25.0	40:35	6	3:55	10.7