



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Rauhala, Teija

□□: Hiidenkadun Hurjat

□□□: 46:08

□□□□: 11:15 min/km

□□: 4.10 km / 19 □□

□□□□:

Women -21A

□□□□□: 11(of 26)

□□□□□□□: 36:40

□□: 9:28

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	2:59	14	0:51	39.8	2:59	14	0:51	39.8
2 (83)	5:04	24	2:33	101.3	8:03	18	3:10	64.9
3 (109)	1:30	11	0:23	34.3	9:33	16	3:33	59.2
4 (86)	2:36	13	0:57	57.6	12:09	14	3:57	48.2
5 (89)	1:48	15	0:24	28.6	13:57	13	4:11	42.8
6 (124)	1:11	12	0:17	31.5	15:08	13	4:18	39.7
7 (125)	7:03	26	4:00	131.2	22:11	15	8:04	57.1
8 (93)	4:10	13	1:05	35.1	26:21	16	8:04	44.1
9 (115)	1:03	7	0:17	37.0	27:24	15	8:03	41.6
10 (91)	2:26	11	0:44	43.1	29:50	14	8:11	37.8
11 (116)	2:21	16	0:37	35.6	32:11	13	8:24	35.3
12 (117)	0:56	11	0:06	12.0	33:07	12	8:26	34.2
13 (118)	1:38	7	0:22	29.0	34:45	12	8:33	32.6
14 (99)	0:38	19	0:14	58.3	35:23	12	8:02	29.4
15 (119)	3:57	12	0:52	28.1	39:20	11	8:25	27.2
16 (53)	1:20	23	0:27	50.9	40:40	11	8:36	26.8
17 (103)	2:51	17	1:07	64.4	43:31	11	9:17	27.1
18 (126)	1:14	14	0:18	32.1	44:45	11	9:25	26.7
19 (100)	1:01	17	0:13	27.1	45:46	11	9:33	26.4
□□	0:22	5	0:02	10.0	46:08	11	9:28	25.8