



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Paladieva, Natalia

□□: NordWest

□□□: 49:46

□□□□: 12:08 min/km

□□: 4.10 km / 19 □□

□□□□:

Women -21A

□□□□□: 14(of 26)

□□□□□□: 36:40

□□: 13:06

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	6:29	23	4:21	203.9	6:29	23	4:21	203.9
2 (83)	3:10	8	0:39	25.8	9:39	23	4:46	97.6
3 (109)	1:38	13	0:31	46.3	11:17	21	5:17	88.1
4 (86)	3:44	19	2:05	126.3	15:01	20	6:49	83.1
5 (89)	2:15	21	0:51	60.7	17:16	19	7:30	76.8
6 (124)	1:17	19	0:23	42.6	18:33	18	7:43	71.2
7 (125)	4:49	17	1:46	57.9	23:22	19	9:15	65.5
8 (93)	4:02	11	0:57	30.8	27:24	18	9:07	49.9
9 (115)	1:40	22	0:54	117.4	29:04	19	9:43	50.2
10 (91)	4:00	22	2:18	135.3	33:04	18	11:25	52.7
11 (116)	2:08	13	0:24	23.1	35:12	16	11:25	48.0
12 (117)	0:54	6	0:04	8.0	36:06	16	11:25	46.3
13 (118)	2:25	20	1:09	90.8	38:31	16	12:19	47.0
14 (99)	0:31	7	0:07	29.2	39:02	16	11:41	42.7
15 (119)	3:40	9	0:35	18.9	42:42	15	11:47	38.1
16 (53)	1:07	16	0:14	26.4	43:49	15	11:45	36.6
17 (103)	3:18	19	1:34	90.4	47:07	14	12:53	37.6
18 (126)	1:17	15	0:21	37.5	48:24	14	13:04	37.0
19 (100)	0:53	6	0:05	10.4	49:17	14	13:04	36.1
□□	0:29	18	0:09	45.0	49:46	14	13:06	35.7