



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Krastiņa, Ieva

□□: Briksnis SK

□□□: 51:04

□□□□: 12:27 min/km

□□: 4.10 km / 19 □□

□□□□:

Women -21A

□□□□□: 16(of 26)

□□□□□□□: 36:40

□□: 14:24

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	4:07	19	1:59	93.0	4:07	19	1:59	93.0
2 (83)	2:54	5	0:23	15.2	7:01	16	2:08	43.7
3 (109)	2:24	20	1:17	114.9	9:25	15	3:25	56.9
4 (86)	8:12	22	6:33	397.0	17:37	22	9:25	114.8
5 (89)	1:47	14	0:23	27.4	19:24	21	9:38	98.6
6 (124)	1:12	14	0:18	33.3	20:36	21	9:46	90.2
7 (125)	3:08	3	0:05	2.7	23:44	20	9:37	68.1
8 (93)	4:10	13	1:05	35.1	27:54	19	9:37	52.6
9 (115)	1:08	11	0:22	47.8	29:02	18	9:41	50.0
10 (91)	7:18	24	5:36	329.4	36:20	20	14:41	67.8
11 (116)	1:59	7	0:15	14.4	38:19	18	14:32	61.1
12 (117)	0:59	13	0:09	18.0	39:18	18	14:37	59.2
13 (118)	1:36	6	0:20	26.3	40:54	19	14:42	56.1
14 (99)	0:30	6	0:06	25.0	41:24	18	14:03	51.4
15 (119)	3:35	8	0:30	16.2	44:59	16	14:04	45.5
16 (53)	1:04	10	0:11	20.8	46:03	16	13:59	43.6
17 (103)	2:26	14	0:42	40.4	48:29	16	14:15	41.6
18 (126)	1:19	16	0:23	41.1	49:48	16	14:28	40.9
19 (100)	0:49	2	0:01	2.1	50:37	16	14:24	39.8
□□	0:27	14	0:07	35.0	51:04	16	14:24	39.3