



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Daģe, Ilona

□□: Alnis-JNSC OK

□□□: 52:28

□□□□: 12:47 min/km

□□: 4.10 km / 19 □□

□□□□:

Women -21A

□□□□□: 18(of 26)

□□□□□□: 36:40

□□: 15:48

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	2:48	10	0:40	31.3	2:48	10	0:40	31.3
2 (83)	2:31	1	-	-	5:19	3	0:26	8.9
3 (109)	1:44	15	0:37	55.2	7:03	5	1:03	17.5
4 (86)	1:39	1	-	-	8:42	3	0:30	6.1
5 (89)	2:01	19	0:37	44.1	10:43	4	0:57	9.7
6 (124)	1:00	5	0:06	11.1	11:43	4	0:53	8.2
7 (125)	4:55	18	1:52	61.2	16:38	5	2:31	17.8
8 (93)	3:05	1	-	-	19:43	2	1:26	7.8
9 (115)	1:23	17	0:37	80.4	21:06	2	1:45	9.0
10 (91)	15:32	26	13:50	813.7	36:38	22	14:59	69.2
11 (116)	1:58	5	0:14	13.5	38:36	19	14:49	62.3
12 (117)	0:50	1	-	-	39:26	19	14:45	59.8
13 (118)	1:19	2	0:03	4.0	40:45	18	14:33	55.5
14 (99)	0:33	10	0:09	37.5	41:18	17	13:57	51.0
15 (119)	5:43	20	2:38	85.4	47:01	19	16:06	52.1
16 (53)	0:53	1	-	-	47:54	19	15:50	49.4
17 (103)	2:22	11	0:38	36.5	50:16	19	16:02	46.8
18 (126)	0:57	2	0:01	1.8	51:13	18	15:53	45.0
19 (100)	0:51	5	0:03	6.3	52:04	18	15:51	43.8
□□	0:24	9	0:04	20.0	52:28	18	15:48	43.1