



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Bondareva, Nina

□□: Baltiskiy Bereg

□□□: 1:12:25

□□□□: 17:39 min/km

□□: 4.10 km / 19 □□

□□□□:

Women -21A

□□□□□: 24(of 26)

□□□□□□□: 36:40

□□: 35:45

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	4:59	21	2:51	133.6	4:59	21	2:51	133.6
2 (83)	3:36	13	1:05	43.1	8:35	21	3:42	75.8
3 (109)	5:01	25	3:54	349.3	13:36	24	7:36	126.7
4 (86)	16:39	25	15:00	909.1	30:15	25	22:03	268.9
5 (89)	2:23	22	0:59	70.2	32:38	25	22:52	234.1
6 (124)	1:22	20	0:28	51.9	34:00	25	23:10	213.9
7 (125)	6:39	25	3:36	118.0	40:39	25	26:32	188.0
8 (93)	6:10	22	3:05	100.0	46:49	25	28:32	156.1
9 (115)	1:47	23	1:01	132.6	48:36	25	29:15	151.2
10 (91)	2:37	14	0:55	53.9	51:13	24	29:34	136.6
11 (116)	2:38	19	0:54	51.9	53:51	24	30:04	126.4
12 (117)	1:05	16	0:15	30.0	54:56	24	30:15	122.6
13 (118)	2:44	22	1:28	115.8	57:40	24	31:28	120.1
14 (99)	0:36	13	0:12	50.0	58:16	24	30:55	113.0
15 (119)	5:39	19	2:34	83.2	1:03:55	24	33:00	106.7
16 (53)	1:54	26	1:01	115.1	1:05:49	24	33:45	105.3
17 (103)	3:34	22	1:50	105.8	1:09:23	24	35:09	102.7
18 (126)	1:27	21	0:31	55.4	1:10:50	24	35:30	100.5
19 (100)	1:05	21	0:17	35.4	1:11:55	24	35:42	98.6
□□	0:30	19	0:10	50.0	1:12:25	24	35:45	97.5