



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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## Sproge, Zanda

□□: Ind.

□□□: 35:44

□□□□: 11:14 min/km

□□: 3.18 km / 13 □□

□□□□:

Women -21B

□□□□□: 3(of 18)

□□□□□□: 30:06

□□: 5:38

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	7:29	12	5:01	203.4	7:29	12	5:01	203.4
2 (135)	1:29	3	0:10	12.7	8:58	9	5:11	137.0
3 (136)	2:47	4	0:37	28.5	11:45	8	5:48	97.5
4 (111)	4:47	12	1:16	36.0	16:32	8	7:04	74.7
5 (95)	2:45	5	0:33	25.0	19:17	7	5:37	41.1
6 (116)	2:26	7	0:37	33.9	21:43	6	5:41	35.5
7 (97)	1:43	8	0:37	56.1	23:26	4	5:39	31.8
8 (137)	2:18	10	0:31	29.0	25:44	4	5:44	28.7
9 (128)	2:52	9	0:23	15.4	28:36	3	6:07	27.2
10 (53)	1:04	10	0:15	30.6	29:40	3	6:16	26.8
11 (121)	2:24	10	0:54	60.0	32:04	3	5:12	19.4
12 (122)	1:57	8	0:32	37.7	34:01	3	5:27	19.1
13 (100)	1:12	13	0:26	56.5	35:13	3	5:35	18.8
□□	0:31	15	0:12	63.2	35:44	3	5:38	18.7