



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Kilupa, Ilona

□□: Ziemeļkurzeme OK

□□□: 40:08

□□□□: 12:37 min/km

□□: 3.18 km / 13 □□

□□□□:

Women -21B

□□□□□: 6(of 18)

□□□□□□: 30:06

□□: 10:02

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (130) | 3:10 | 5 | 0:42 | 28.4 | 3:10 | 5 | 0:42 | 28.4 |
| 2 (135) | 2:01 | 6 | 0:42 | 53.2 | 5:11 | 3 | 1:24 | 37.0 |
| 3 (136) | 2:51 | 7 | 0:41 | 31.5 | 8:02 | 3 | 2:05 | 35.0 |
| 4 (111) | 4:46 | 11 | 1:15 | 35.6 | 12:48 | 3 | 3:20 | 35.2 |
| 5 (95) | 2:40 | 3 | 0:28 | 21.2 | 15:28 | 2 | 1:48 | 13.2 |
| 6 (116) | 2:24 | 6 | 0:35 | 32.1 | 17:52 | 3 | 1:50 | 11.4 |
| 7 (97) | 8:57 | 17 | 7:51 | 713.6 | 26:49 | 7 | 9:02 | 50.8 |
| 8 (137) | 2:28 | 13 | 0:41 | 38.3 | 29:17 | 6 | 9:17 | 46.4 |
| 9 (128) | 4:11 | 15 | 1:42 | 68.5 | 33:28 | 8 | 10:59 | 48.9 |
| 10 (53) | 1:03 | 8 | 0:14 | 28.6 | 34:31 | 8 | 11:07 | 47.5 |
| 11 (121) | 2:03 | 7 | 0:33 | 36.7 | 36:34 | 7 | 9:42 | 36.1 |
| 12 (122) | 1:44 | 6 | 0:19 | 22.4 | 38:18 | 6 | 9:44 | 34.1 |
| 13 (100) | 1:20 | 14 | 0:34 | 73.9 | 39:38 | 6 | 10:00 | 33.8 |
| □□ | 0:30 | 14 | 0:11 | 57.9 | 40:08 | 6 | 10:02 | 33.3 |