



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Straume, Ildze

□□: Auseklis IK

□□□: 41:59

□□□□: 10:14 min/km

□□: 4.10 km / 19 □□

□□□□:

Women 35-

□□□□□: 4(of 22)

□□□□□□□: 33:04

□□: 8:55

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (123)	2:39	8	0:49	44.6	2:39	8	0:49	44.6
2 (83)	2:46	3	0:13	8.5	5:25	4	0:45	16.1
3 (109)	1:36	8	0:27	39.1	7:01	3	1:12	20.6
4 (86)	2:31	8	1:01	67.8	9:32	3	1:53	24.6
5 (89)	1:38	9	0:24	32.4	11:10	3	2:02	22.3
6 (124)	1:00	8	0:19	46.3	12:10	3	1:53	18.3
7 (125)	2:54	3	0:29	20.0	15:04	3	1:52	14.1
8 (93)	3:29	5	0:42	25.2	18:33	3	2:01	12.2
9 (115)	1:27	16	0:41	89.1	20:00	3	2:42	15.6
10 (91)	4:03	18	2:13	120.9	24:03	3	4:48	24.9
11 (116)	2:06	8	0:32	34.0	26:09	3	5:09	24.5
12 (117)	1:12	14	0:31	75.6	27:21	3	5:36	25.8
13 (118)	1:24	3	0:01	1.2	28:45	3	5:37	24.3
14 (99)	0:33	6	0:08	32.0	29:18	3	5:44	24.3
15 (119)	6:24	17	3:38	131.3	35:42	4	8:32	31.4
16 (53)	0:58	7	0:09	18.4	36:40	4	8:34	30.5
17 (103)	2:25	6	0:51	54.3	39:05	4	8:48	29.1
18 (126)	1:39	17	0:44	80.0	40:44	4	8:56	28.1
19 (100)	0:48	1	-	-	41:32	4	8:53	27.2
□□	0:27	11	0:06	28.6	41:59	4	8:55	27.0