



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Velde, Reda

□□: Ažuolas OK

□□□: 47:05

□□□□: 11:29 min/km

□□: 4.10 km / 19 □□

□□□□:

Women 35-

□□□□□: 10(of 22)

□□□□□□□: 33:04

□□: 14:01

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	2:29	4	0:39	35.5	2:29	4	0:39	35.5
2 (83)	3:18	9	0:45	29.4	5:47	6	1:07	23.9
3 (109)	1:15	2	0:06	8.7	7:02	4	1:13	20.9
4 (86)	11:04	18	9:34	637.8	18:06	15	10:27	136.6
5 (89)	1:14	1	-	-	19:20	15	10:12	111.7
6 (124)	1:20	15	0:39	95.1	20:40	15	10:23	101.0
7 (125)	3:47	7	1:22	56.6	24:27	15	11:15	85.2
8 (93)	3:11	3	0:24	14.4	27:38	13	11:06	67.1
9 (115)	1:17	12	0:31	67.4	28:55	12	11:37	67.2
10 (91)	2:57	15	1:07	60.9	31:52	13	12:37	65.5
11 (116)	1:42	3	0:08	8.5	33:34	11	12:34	59.8
12 (117)	0:49	5	0:08	19.5	34:23	10	12:38	58.1
13 (118)	2:13	17	0:50	60.2	36:36	11	13:28	58.2
14 (99)	0:26	2	0:01	4.0	37:02	10	13:28	57.1
15 (119)	3:44	5	0:58	34.9	40:46	10	13:36	50.1
16 (53)	0:53	4	0:04	8.2	41:39	10	13:33	48.2
17 (103)	3:03	13	1:29	94.7	44:42	10	14:25	47.6
18 (126)	1:07	5	0:12	21.8	45:49	10	14:01	44.1
19 (100)	0:55	8	0:07	14.6	46:44	10	14:05	43.1
□□	0:21	1	-	-	47:05	10	14:01	42.4