



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Madsena, Ilvija

□□: Zebiekstes

□□□: 54:11

□□□□: 13:12 min/km

□□: 4.10 km / 19 □□

□□□□:

Women 35-

□□□□□: 14(of 22)

□□□□□□□: 33:04

□□: 21:07

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	3:03	12	1:13	66.4	3:03	12	1:13	66.4
2 (83)	3:42	12	1:09	45.1	6:45	9	2:05	44.6
3 (109)	2:30	13	1:21	117.4	9:15	11	3:26	59.0
4 (86)	2:13	5	0:43	47.8	11:28	6	3:49	49.9
5 (89)	2:29	17	1:15	101.4	13:57	8	4:49	52.7
6 (124)	1:05	9	0:24	58.5	15:02	7	4:45	46.2
7 (125)	5:23	16	2:58	122.8	20:25	11	7:13	54.7
8 (93)	4:13	8	1:26	51.5	24:38	7	8:06	49.0
9 (115)	1:30	17	0:44	95.7	26:08	6	8:50	51.1
10 (91)	2:22	10	0:32	29.1	28:30	6	9:15	48.1
11 (116)	2:12	10	0:38	40.4	30:42	7	9:42	46.2
12 (117)	1:01	9	0:20	48.8	31:43	7	9:58	45.8
13 (118)	1:43	7	0:20	24.1	33:26	6	10:18	44.5
14 (99)	0:39	11	0:14	56.0	34:05	6	10:31	44.6
15 (119)	13:51	21	11:05	400.6	47:56	14	20:46	76.4
16 (53)	0:57	6	0:08	16.3	48:53	14	20:47	74.0
17 (103)	2:28	7	0:54	57.5	51:21	14	21:04	69.6
18 (126)	1:29	15	0:34	61.8	52:50	14	21:02	66.1
19 (100)	0:53	6	0:05	10.4	53:43	14	21:04	64.5
□□	0:28	12	0:07	33.3	54:11	14	21:07	63.9