



# 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

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| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 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    |