



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Šapovalova, Anžela

□□: Auseklis IK

□□□: 1:16:12

□□□□: 18:35 min/km

□□: 4.10 km / 19 □□

□□□□:

Women 35-

□□□□□: 20(of 22)

□□□□□□: 33:04

□□: 43:08

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	2:54	10	1:04	58.2	2:54	10	1:04	58.2
2 (83)	5:17	19	2:44	107.2	8:11	16	3:31	75.4
3 (109)	2:19	10	1:10	101.5	10:30	13	4:41	80.5
4 (86)	18:10	21	16:40	1,111.1	28:40	20	21:01	274.7
5 (89)	1:14	1	-	-	29:54	20	20:46	227.4
6 (124)	0:59	7	0:18	43.9	30:53	20	20:36	200.3
7 (125)	11:03	20	8:38	357.2	41:56	20	28:44	217.7
8 (93)	4:47	12	2:00	71.9	46:43	20	30:11	182.6
9 (115)	1:16	11	0:30	65.2	47:59	20	30:41	177.4
10 (91)	4:18	19	2:28	134.6	52:17	20	33:02	171.6
11 (116)	2:28	14	0:54	57.5	54:45	20	33:45	160.7
12 (117)	1:26	19	0:45	109.8	56:11	20	34:26	158.3
13 (118)	5:09	21	3:46	272.3	1:01:20	20	38:12	165.1
14 (99)	0:39	11	0:14	56.0	1:01:59	20	38:25	163.0
15 (119)	8:11	20	5:25	195.8	1:10:10	20	43:00	158.3
16 (53)	1:00	10	0:11	22.5	1:11:10	20	43:04	153.3
17 (103)	2:36	9	1:02	66.0	1:13:46	20	43:29	143.6
18 (126)	1:05	4	0:10	18.2	1:14:51	20	43:03	135.4
19 (100)	0:58	12	0:10	20.8	1:15:49	20	43:10	132.2
□□	0:23	4	0:02	9.5	1:16:12	20	43:08	130.4