



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Rapa, Sanda

□□: Ind.

□□□: 1:43:17

□□□□: 25:11 min/km

□□: 4.10 km / 19 □□

□□□□:

Women 35-

□□□□□: 21(of 22)

□□□□□□: 33:04

□□: 1:10:13

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (123)	12:14	21	10:24	567.3	12:14	21	10:24	567.3
2 (83)	7:08	21	4:35	179.7	19:22	21	14:42	315.0
3 (109)	3:56	16	2:47	242.0	23:18	21	17:29	300.6
4 (86)	6:22	15	4:52	324.4	29:40	21	22:01	287.8
5 (89)	4:00	21	2:46	224.3	33:40	21	24:32	268.6
6 (124)	1:37	18	0:56	136.6	35:17	21	25:00	243.1
7 (125)	15:30	21	13:05	541.4	50:47	21	37:35	284.7
8 (93)	14:16	21	11:29	412.6	1:05:03	21	48:31	293.5
9 (115)	1:54	18	1:08	147.8	1:06:57	21	49:39	287.0
10 (91)	5:08	21	3:18	180.0	1:12:05	21	52:50	274.5
11 (116)	3:03	17	1:29	94.7	1:15:08	21	54:08	257.8
12 (117)	1:42	21	1:01	148.8	1:16:50	21	55:05	253.3
13 (118)	2:51	19	1:28	106.0	1:19:41	21	56:33	244.5
14 (99)	5:19	21	4:54	1,176.0	1:25:00	21	1:01:26	260.7
15 (119)	5:40	15	2:54	104.8	1:30:40	21	1:03:30	233.7
16 (53)	1:31	21	0:42	85.7	1:32:11	21	1:04:05	228.1
17 (103)	6:10	21	4:36	293.6	1:38:21	21	1:08:04	224.8
18 (126)	2:34	21	1:39	180.0	1:40:55	21	1:09:07	217.4
19 (100)	1:28	21	0:40	83.3	1:42:23	21	1:09:44	213.6
□□	0:54	21	0:33	157.1	1:43:17	21	1:10:13	212.4