



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lapiņa, Ilze

□□: Ziemeļkurzeme OK

□□□: 30:53

□□□□: 8:18 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 40-

□□□□□: 2(of 20)

□□□□□□□: 27:12

□□: 3:41

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	2:32	4	0:13	9.4	2:32	4	0:13	9.4
2 (86)	2:13	3	0:12	9.9	4:45	3	0:22	8.4
3 (89)	1:27	5	0:07	8.8	6:12	4	0:29	8.5
4 (111)	4:05	13	3:05	308.3	10:17	7	3:15	46.2
5 (84)	1:51	4	0:06	5.7	12:08	6	3:18	37.4
6 (107)	0:56	1	-	-	13:04	4	3:11	32.2
7 (85)	1:26	1	-	-	14:30	4	3:03	26.6
8 (95)	3:19	5	0:19	10.6	17:49	4	3:09	21.5
9 (133)	1:36	8	0:13	15.7	19:25	3	3:19	20.6
10 (116)	0:30	5	0:02	7.1	19:55	3	3:21	20.2
11 (117)	1:19	13	0:31	64.6	21:14	4	3:51	22.2
12 (99)	1:24	3	0:02	2.4	22:38	4	3:47	20.1
13 (102)	3:07	3	0:02	1.1	25:45	3	3:49	17.4
14 (128)	0:43	5	0:04	10.3	26:28	3	3:52	17.1
15 (53)	0:51	2	0:02	4.1	27:19	3	3:50	16.3
16 (103)	1:57	5	0:07	6.4	29:16	2	3:57	15.6
17 (132)	0:21	1	-	-	29:37	2	3:51	14.9
18 (131)	0:27	4	0:03	12.5	30:04	2	3:51	14.7
19 (100)	0:26	1	-	-	30:30	2	3:45	14.0
□□	0:23	2	0:02	9.5	30:53	2	3:41	13.5