



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Vilks, Ilze

□□: Auseklis IK

□□□: 33:40

□□□□: 9:03 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 40-

□□□□□: 6(of 20)

□□□□□□: 27:12

□□: 6:28

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| □□ | □□ | □□ | □□ | □□ | □□□ | □□ | □□ | □□ |
|----------|------|----|------|-------|-------|----|------|------|
| | □□ | - | - | % | □□ | - | - | % |
| 1 (130) | 2:48 | 6 | 0:29 | 20.9 | 2:48 | 6 | 0:29 | 20.9 |
| 2 (86) | 2:01 | 1 | - | - | 4:49 | 4 | 0:26 | 9.9 |
| 3 (89) | 1:20 | 1 | - | - | 6:09 | 3 | 0:26 | 7.6 |
| 4 (111) | 1:47 | 10 | 0:47 | 78.3 | 7:56 | 3 | 0:54 | 12.8 |
| 5 (84) | 1:47 | 2 | 0:02 | 1.9 | 9:43 | 3 | 0:53 | 10.0 |
| 6 (107) | 0:58 | 4 | 0:02 | 3.6 | 10:41 | 2 | 0:48 | 8.1 |
| 7 (85) | 1:26 | 1 | - | - | 12:07 | 2 | 0:40 | 5.8 |
| 8 (95) | 5:38 | 17 | 2:38 | 87.8 | 17:45 | 3 | 3:05 | 21.0 |
| 9 (133) | 1:41 | 10 | 0:18 | 21.7 | 19:26 | 4 | 3:20 | 20.7 |
| 10 (116) | 0:29 | 3 | 0:01 | 3.6 | 19:55 | 3 | 3:21 | 20.2 |
| 11 (117) | 0:48 | 1 | - | - | 20:43 | 3 | 3:20 | 19.2 |
| 12 (99) | 1:27 | 4 | 0:05 | 6.1 | 22:10 | 2 | 3:19 | 17.6 |
| 13 (102) | 3:06 | 2 | 0:01 | 0.5 | 25:16 | 2 | 3:20 | 15.2 |
| 14 (128) | 0:46 | 7 | 0:07 | 18.0 | 26:02 | 2 | 3:26 | 15.2 |
| 15 (53) | 0:52 | 4 | 0:03 | 6.1 | 26:54 | 2 | 3:25 | 14.6 |
| 16 (103) | 4:59 | 17 | 3:09 | 171.8 | 31:53 | 6 | 6:34 | 25.9 |
| 17 (132) | 0:23 | 6 | 0:02 | 9.5 | 32:16 | 6 | 6:30 | 25.2 |
| 18 (131) | 0:29 | 8 | 0:05 | 20.8 | 32:45 | 6 | 6:32 | 24.9 |
| 19 (100) | 0:32 | 6 | 0:06 | 23.1 | 33:17 | 6 | 6:32 | 24.4 |
| □□ | 0:23 | 2 | 0:02 | 9.5 | 33:40 | 6 | 6:28 | 23.8 |