



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Blanka, Līga

□□: Kāpa OK

□□□: 37:35

□□□□: 10:06 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 40-

□□□□□: 10(of 20)

□□□□□□: 27:12

□□: 10:23

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	2:56	9	0:37	26.6	2:56	9	0:37	26.6
2 (86)	2:33	9	0:32	26.5	5:29	7	1:06	25.1
3 (89)	1:45	12	0:25	31.3	7:14	7	1:31	26.5
4 (111)	4:39	15	3:39	365.0	11:53	12	4:51	69.0
5 (84)	2:15	9	0:30	28.6	14:08	9	5:18	60.0
6 (107)	1:15	9	0:19	33.9	15:23	9	5:30	55.7
7 (85)	1:50	9	0:24	27.9	17:13	8	5:46	50.4
8 (95)	4:08	12	1:08	37.8	21:21	8	6:41	45.6
9 (133)	1:51	13	0:28	33.7	23:12	9	7:06	44.1
10 (116)	0:39	14	0:11	39.3	23:51	9	7:17	44.0
11 (117)	1:04	9	0:16	33.3	24:55	9	7:32	43.3
12 (99)	1:52	14	0:30	36.6	26:47	9	7:56	42.1
13 (102)	3:48	15	0:43	23.2	30:35	9	8:39	39.4
14 (128)	0:55	12	0:16	41.0	31:30	10	8:54	39.4
15 (53)	1:05	15	0:16	32.7	32:35	10	9:06	38.8
16 (103)	2:35	11	0:45	40.9	35:10	9	9:51	38.9
17 (132)	0:30	16	0:09	42.9	35:40	9	9:54	38.4
18 (131)	0:37	13	0:13	54.2	36:17	9	10:04	38.4
19 (100)	0:43	16	0:17	65.4	37:00	10	10:15	38.3
□□	0:35	17	0:14	66.7	37:35	10	10:23	38.2