



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Johansena, Marita

□□: Ogre OK/SC

□□□: 39:05

□□□□: 10:30 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 40-

□□□□□: 12(of 20)

□□□□□□□: 27:12

□□: 11:53

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	5:18	17	2:59	128.8	5:18	17	2:59	128.8
2 (86)	2:43	10	0:42	34.7	8:01	15	3:38	82.9
3 (89)	1:30	9	0:10	12.5	9:31	14	3:48	66.5
4 (111)	1:59	11	0:59	98.3	11:30	11	4:28	63.5
5 (84)	2:30	11	0:45	42.9	14:00	8	5:10	58.5
6 (107)	1:12	8	0:16	28.6	15:12	7	5:19	53.8
7 (85)	2:13	13	0:47	54.7	17:25	9	5:58	52.1
8 (95)	4:02	10	1:02	34.4	21:27	9	6:47	46.3
9 (133)	1:41	10	0:18	21.7	23:08	8	7:02	43.7
10 (116)	0:40	15	0:12	42.9	23:48	8	7:14	43.7
11 (117)	1:00	8	0:12	25.0	24:48	8	7:25	42.7
12 (99)	2:56	18	1:34	114.6	27:44	11	8:53	47.1
13 (102)	3:29	11	0:24	13.0	31:13	11	9:17	42.3
14 (128)	0:56	13	0:17	43.6	32:09	11	9:33	42.3
15 (53)	1:03	11	0:14	28.6	33:12	11	9:43	41.4
16 (103)	3:41	16	1:51	100.9	36:53	12	11:34	45.7
17 (132)	0:31	17	0:10	47.6	37:24	12	11:38	45.2
18 (131)	0:34	12	0:10	41.7	37:58	12	11:45	44.8
19 (100)	0:39	12	0:13	50.0	38:37	12	11:52	44.4
□□	0:28	12	0:07	33.3	39:05	12	11:53	43.7