



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Krima, Inga

□□: Ozons

□□□: 46:09

□□□□: 12:24 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 40-

□□□□□: 14(of 20)

□□□□□□: 27:12

□□: 18:57

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	3:54	15	1:35	68.4	3:54	15	1:35	68.4
2 (86)	3:34	14	1:33	76.9	7:28	14	3:05	70.3
3 (89)	2:22	18	1:02	77.5	9:50	15	4:07	72.0
4 (111)	1:29	8	0:29	48.3	11:19	10	4:17	60.9
5 (84)	7:12	18	5:27	311.4	18:31	16	9:41	109.6
6 (107)	1:40	15	0:44	78.6	20:11	16	10:18	104.2
7 (85)	2:21	15	0:55	64.0	22:32	14	11:05	96.8
8 (95)	4:58	15	1:58	65.6	27:30	15	12:50	87.5
9 (133)	1:58	15	0:35	42.2	29:28	15	13:22	83.0
10 (116)	1:21	18	0:53	189.3	30:49	15	14:15	86.0
11 (117)	1:59	16	1:11	147.9	32:48	15	15:25	88.7
12 (99)	2:07	16	0:45	54.9	34:55	15	16:04	85.2
13 (102)	3:46	14	0:41	22.2	38:41	15	16:45	76.4
14 (128)	0:49	9	0:10	25.6	39:30	15	16:54	74.8
15 (53)	1:09	16	0:20	40.8	40:39	15	17:10	73.1
16 (103)	3:05	13	1:15	68.2	43:44	15	18:25	72.8
17 (132)	0:27	11	0:06	28.6	44:11	14	18:25	71.5
18 (131)	0:33	11	0:09	37.5	44:44	14	18:31	70.6
19 (100)	0:45	17	0:19	73.1	45:29	14	18:44	70.0
□□	0:40	18	0:19	90.5	46:09	14	18:57	69.7