



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Mirecka, Alvita

□□: Ziemeļkurzeme OK

□□□: 50:53

□□□□: 13:40 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 40-

□□□□□: 17(of 20)

□□□□□□: 27:12

□□: 23:41

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	□□	-	-	%	□□	-	-	%
1 (130)	8:23	18	6:04	261.9	8:23	18	6:04	261.9
2 (86)	2:32	8	0:31	25.6	10:55	16	6:32	149.1
3 (89)	1:47	13	0:27	33.8	12:42	16	6:59	122.2
4 (111)	1:08	5	0:08	13.3	13:50	15	6:48	96.7
5 (84)	2:13	8	0:28	26.7	16:03	14	7:13	81.7
6 (107)	1:38	14	0:42	75.0	17:41	15	7:48	78.9
7 (85)	16:04	18	14:38	1,020.9	33:45	17	22:18	194.8
8 (95)	4:08	12	1:08	37.8	37:53	17	23:13	158.3
9 (133)	1:52	14	0:29	34.9	39:45	17	23:39	146.9
10 (116)	0:33	8	0:05	17.9	40:18	17	23:44	143.3
11 (117)	0:54	5	0:06	12.5	41:12	17	23:49	137.0
12 (99)	1:22	1	-	-	42:34	17	23:43	125.8
13 (102)	3:17	6	0:12	6.5	45:51	17	23:55	109.0
14 (128)	0:40	2	0:01	2.6	46:31	17	23:55	105.8
15 (53)	0:53	5	0:04	8.2	47:24	17	23:55	101.9
16 (103)	1:50	1	-	-	49:14	17	23:55	94.5
17 (132)	0:21	1	-	-	49:35	17	23:49	92.4
18 (131)	0:27	4	0:03	12.5	50:02	17	23:49	90.9
19 (100)	0:30	3	0:04	15.4	50:32	17	23:47	88.9
□□	0:21	1	-	-	50:53	17	23:41	87.1