



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Šiltere, Vija

□□: Auseklis IK

□□□: 35:39

□□□□: 9:34 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 45-

□□□□□: 2(of 15)

□□□□□□□: 33:48

□□: 1:51

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	2:45	2	0:02	1.2	2:45	2	0:02	1.2
2 (86)	3:45	8	1:14	49.0	6:30	4	0:50	14.7
3 (89)	1:45	3	0:04	4.0	8:15	4	0:52	11.7
4 (111)	1:26	6	0:22	34.4	9:41	3	1:08	13.3
5 (84)	2:43	3	0:34	26.4	12:24	3	1:42	15.9
6 (107)	1:56	11	0:46	65.7	14:20	3	2:10	17.8
7 (85)	1:47	1	-	-	16:07	2	2:03	14.6
8 (95)	4:01	1	-	-	20:08	2	1:58	10.8
9 (133)	1:44	2	0:12	13.0	21:52	2	1:55	9.6
10 (116)	0:37	3	0:02	5.7	22:29	2	1:56	9.4
11 (117)	1:11	4	0:07	10.9	23:40	2	1:56	8.9
12 (99)	2:00	3	0:14	13.2	25:40	2	1:56	8.2
13 (102)	3:38	3	0:08	3.8	29:18	2	1:58	7.2
14 (128)	0:53	4	0:03	6.0	30:11	2	1:54	6.7
15 (53)	1:07	7	0:11	19.6	31:18	2	1:59	6.8
16 (103)	2:15	3	0:13	10.7	33:33	2	1:57	6.2
17 (132)	0:27	3	0:05	22.7	34:00	2	1:55	6.0
18 (131)	0:38	7	0:04	11.8	34:38	2	1:57	6.0
19 (100)	0:37	1	-	-	35:15	2	1:54	5.7
□□	0:24	2	0:01	4.4	35:39	2	1:51	5.5