



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Nažinska, Ginta

□□: Ind.

□□□: 39:24

□□□□: 10:35 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 45-

□□□□□: 3(of 15)

□□□□□□□: 33:48

□□: 5:36

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (130) | 2:53 | 4 | 0:10 | 6.1 | 2:53 | 4 | 0:10 | 6.1 |
| 2 (86) | 2:54 | 3 | 0:23 | 15.2 | 5:47 | 3 | 0:07 | 2.1 |
| 3 (89) | 1:47 | 4 | 0:06 | 5.9 | 7:34 | 2 | 0:11 | 2.5 |
| 4 (111) | 1:17 | 3 | 0:13 | 20.3 | 8:51 | 2 | 0:18 | 3.5 |
| 5 (84) | 2:43 | 3 | 0:34 | 26.4 | 11:34 | 2 | 0:52 | 8.1 |
| 6 (107) | 1:35 | 6 | 0:25 | 35.7 | 13:09 | 2 | 0:59 | 8.1 |
| 7 (85) | 3:04 | 11 | 1:17 | 72.0 | 16:13 | 3 | 2:09 | 15.3 |
| 8 (95) | 4:44 | 3 | 0:43 | 17.8 | 20:57 | 3 | 2:47 | 15.3 |
| 9 (133) | 3:25 | 13 | 1:53 | 122.8 | 24:22 | 3 | 4:25 | 22.1 |
| 10 (116) | 0:37 | 3 | 0:02 | 5.7 | 24:59 | 3 | 4:26 | 21.6 |
| 11 (117) | 1:05 | 2 | 0:01 | 1.6 | 26:04 | 3 | 4:20 | 19.9 |
| 12 (99) | 1:54 | 2 | 0:08 | 7.6 | 27:58 | 3 | 4:14 | 17.8 |
| 13 (102) | 3:30 | 1 | - | - | 31:28 | 3 | 4:08 | 15.1 |
| 14 (128) | 0:50 | 1 | - | - | 32:18 | 3 | 4:01 | 14.2 |
| 15 (53) | 1:01 | 2 | 0:05 | 8.9 | 33:19 | 3 | 4:00 | 13.6 |
| 16 (103) | 3:58 | 12 | 1:56 | 95.1 | 37:17 | 3 | 5:41 | 18.0 |
| 17 (132) | 0:22 | 1 | - | - | 37:39 | 3 | 5:34 | 17.4 |
| 18 (131) | 0:36 | 3 | 0:02 | 5.9 | 38:15 | 3 | 5:34 | 17.0 |
| 19 (100) | 0:37 | 1 | - | - | 38:52 | 3 | 5:31 | 16.5 |
| □□ | 0:32 | 11 | 0:09 | 39.1 | 39:24 | 3 | 5:36 | 16.6 |