



# 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