



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Neimane, Una

□□: Ogre OK/SC

□□□: 39:35

□□□□: 10:38 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 45-

□□□□□: 4(of 15)

□□□□□□□: 33:48

□□: 5:47

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	3:17	8	0:34	20.9	3:17	8	0:34	20.9
2 (86)	3:21	6	0:50	33.1	6:38	5	0:58	17.1
3 (89)	2:04	8	0:23	22.8	8:42	5	1:19	17.8
4 (111)	1:33	8	0:29	45.3	10:15	5	1:42	19.9
5 (84)	3:16	8	1:07	51.9	13:31	5	2:49	26.3
6 (107)	1:38	7	0:28	40.0	15:09	5	2:59	24.5
7 (85)	2:06	5	0:19	17.8	17:15	5	3:11	22.6
8 (95)	4:48	5	0:47	19.5	22:03	4	3:53	21.4
9 (133)	2:19	9	0:47	51.1	24:22	3	4:25	22.1
10 (116)	0:40	5	0:05	14.3	25:02	4	4:29	21.8
11 (117)	1:43	12	0:39	60.9	26:45	4	5:01	23.1
12 (99)	2:14	7	0:28	26.4	28:59	4	5:15	22.1
13 (102)	4:13	6	0:43	20.5	33:12	5	5:52	21.5
14 (128)	1:00	9	0:10	20.0	34:12	4	5:55	20.9
15 (53)	1:10	9	0:14	25.0	35:22	4	6:03	20.6
16 (103)	2:02	1	-	-	37:24	4	5:48	18.4
17 (132)	0:31	9	0:09	40.9	37:55	4	5:50	18.2
18 (131)	0:35	2	0:01	2.9	38:30	4	5:49	17.8
19 (100)	0:37	1	-	-	39:07	4	5:46	17.3
□□	0:28	7	0:05	21.7	39:35	4	5:47	17.1