



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

**Bļodniece, Inese**

□□: Ozons

□□□: 41:01

□□□□: 11:01 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 45-

□□□□□: 6(of 15)

□□□□□□□: 33:48

□□: 7:13

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	3:02	7	0:19	11.7	3:02	7	0:19	11.7
2 (86)	3:41	7	1:10	46.4	6:43	6	1:03	18.5
3 (89)	2:11	11	0:30	29.7	8:54	6	1:31	20.5
4 (111)	1:52	10	0:48	75.0	10:46	6	2:13	25.9
5 (84)	4:37	10	2:28	114.7	15:23	6	4:41	43.8
6 (107)	1:10	1	-	-	16:33	6	4:23	36.0
7 (85)	1:54	2	0:07	6.5	18:27	6	4:23	31.2
8 (95)	4:53	6	0:52	21.6	23:20	5	5:10	28.4
9 (133)	1:58	7	0:26	28.3	25:18	5	5:21	26.8
10 (116)	0:44	7	0:09	25.7	26:02	5	5:29	26.7
11 (117)	1:14	7	0:10	15.6	27:16	5	5:32	25.5
12 (99)	2:29	11	0:43	40.6	29:45	6	6:01	25.4
13 (102)	3:44	5	0:14	6.7	33:29	6	6:09	22.5
14 (128)	0:52	2	0:02	4.0	34:21	5	6:04	21.5
15 (53)	1:07	7	0:11	19.6	35:28	5	6:09	21.0
16 (103)	3:08	6	1:06	54.1	38:36	5	7:00	22.2
17 (132)	0:24	2	0:02	9.1	39:00	5	6:55	21.6
18 (131)	0:53	14	0:19	55.9	39:53	6	7:12	22.0
19 (100)	0:39	6	0:02	5.4	40:32	6	7:11	21.5
□□	0:29	8	0:06	26.1	41:01	6	7:13	21.4