



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Viira, Maret

□□: Viimsi

□□□: 48:18

□□□□: 12:59 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 45-

□□□□□: 7(of 15)

□□□□□□□: 33:48

□□: 14:30

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	2:58	5	0:15	9.2	2:58	5	0:15	9.2
2 (86)	5:29	11	2:58	117.9	8:27	9	2:47	49.1
3 (89)	5:32	14	3:51	228.7	13:59	11	6:36	89.4
4 (111)	1:04	1	-	-	15:03	9	6:30	76.0
5 (84)	5:58	13	3:49	177.5	21:01	11	10:19	96.4
6 (107)	1:54	10	0:44	62.9	22:55	11	10:45	88.4
7 (85)	2:00	4	0:13	12.2	24:55	9	10:51	77.1
8 (95)	4:46	4	0:45	18.7	29:41	9	11:31	63.4
9 (133)	1:57	6	0:25	27.2	31:38	8	11:41	58.6
10 (116)	1:19	14	0:44	125.7	32:57	8	12:24	60.3
11 (117)	1:18	8	0:14	21.9	34:15	8	12:31	57.6
12 (99)	2:09	6	0:23	21.7	36:24	8	12:40	53.4
13 (102)	4:19	7	0:49	23.3	40:43	7	13:23	49.0
14 (128)	0:53	4	0:03	6.0	41:36	7	13:19	47.1
15 (53)	1:05	6	0:09	16.1	42:41	7	13:22	45.6
16 (103)	3:20	9	1:18	63.9	46:01	7	14:25	45.6
17 (132)	0:27	3	0:05	22.7	46:28	7	14:23	44.8
18 (131)	0:44	10	0:10	29.4	47:12	7	14:31	44.4
19 (100)	0:39	6	0:02	5.4	47:51	7	14:30	43.5
□□	0:27	5	0:04	17.4	48:18	7	14:30	42.9