



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lācare, Inese

□□: SILVA

□□□: 57:40

□□□□: 15:30 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 45-

□□□□□: 10(of 15)

□□□□□□: 33:48

□□: 23:52

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	4:10	11	1:27	53.4	4:10	11	1:27	53.4
2 (86)	6:23	13	3:52	153.6	10:33	11	4:53	86.2
3 (89)	1:51	6	0:10	9.9	12:24	10	5:01	68.0
4 (111)	1:22	5	0:18	28.1	13:46	8	5:13	61.0
5 (84)	2:42	2	0:33	25.6	16:28	8	5:46	53.9
6 (107)	2:04	13	0:54	77.1	18:32	8	6:22	52.3
7 (85)	7:31	13	5:44	321.5	26:03	10	11:59	85.2
8 (95)	10:24	13	6:23	158.9	36:27	11	18:17	100.6
9 (133)	2:09	8	0:37	40.2	38:36	11	18:39	93.5
10 (116)	0:44	7	0:09	25.7	39:20	10	18:47	91.4
11 (117)	1:55	13	0:51	79.7	41:15	10	19:31	89.8
12 (99)	2:42	13	0:56	52.8	43:57	10	20:13	85.2
13 (102)	5:06	10	1:36	45.7	49:03	10	21:43	79.5
14 (128)	0:54	6	0:04	8.0	49:57	10	21:40	76.6
15 (53)	1:17	11	0:21	37.5	51:14	10	21:55	74.8
16 (103)	3:59	13	1:57	95.9	55:13	10	23:37	74.7
17 (132)	0:28	5	0:06	27.3	55:41	10	23:36	73.6
18 (131)	0:37	5	0:03	8.8	56:18	10	23:37	72.3
19 (100)	0:45	10	0:08	21.6	57:03	10	23:42	71.1
□□	0:37	12	0:14	60.9	57:40	10	23:52	70.6