



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Krasilnikova, Ekaterina

□□: NORD WEST

□□□: 1:22:06

□□□□: 22:04 min/km

□□: 3.72 km / 19 □□

□□□□:

Women 45-

□□□□□: 14(of 15)

□□□□□□: 33:48

□□: 48:18

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	2:59	6	0:16	9.8	2:59	6	0:16	9.8
2 (86)	17:44	14	15:13	604.6	20:43	13	15:03	265.6
3 (89)	1:58	7	0:17	16.8	22:41	13	15:18	207.2
4 (111)	7:25	14	6:21	595.3	30:06	14	21:33	252.1
5 (84)	10:55	14	8:46	407.8	41:01	14	30:19	283.3
6 (107)	1:22	2	0:12	17.1	42:23	14	30:13	248.4
7 (85)	9:15	14	7:28	418.7	51:38	14	37:34	267.1
8 (95)	8:57	11	4:56	122.8	1:00:35	14	42:25	233.5
9 (133)	1:32	1	-	-	1:02:07	14	42:10	211.4
10 (116)	0:54	10	0:19	54.3	1:03:01	14	42:28	206.7
11 (117)	1:27	11	0:23	35.9	1:04:28	14	42:44	196.6
12 (99)	2:19	8	0:33	31.1	1:06:47	14	43:03	181.4
13 (102)	8:53	14	5:23	153.8	1:15:40	14	48:20	176.8
14 (128)	1:09	12	0:19	38.0	1:16:49	14	48:32	171.6
15 (53)	0:56	1	-	-	1:17:45	14	48:26	165.2
16 (103)	2:05	2	0:03	2.5	1:19:50	14	48:14	152.6
17 (132)	0:31	9	0:09	40.9	1:20:21	14	48:16	150.4
18 (131)	0:37	5	0:03	8.8	1:20:58	14	48:17	147.7
19 (100)	0:42	9	0:05	13.5	1:21:40	14	48:19	144.9
□□	0:26	4	0:03	13.0	1:22:06	14	48:18	142.9