



Rīgas kausi / Riga Cup 2015

Rīga / 18.04.2015

□□□□

Alnek, Airi

□□: OK Vōru

□□□: 36:00

□□□□: 9:32 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 50-

□□□□□: 3(of 16)

□□□□□□□: 32:51

□□: 3:09

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (134)	3:35	1	-	-	3:35	1	-	-
2 (85)	6:46	12	3:19	96.1	10:21	7	2:52	38.3
3 (109)	1:27	3	0:06	7.4	11:48	5	2:53	32.3
4 (84)	1:07	9	0:29	76.3	12:55	5	3:09	32.3
5 (124)	1:44	2	0:03	3.0	14:39	5	2:54	24.7
6 (114)	3:52	1	-	-	18:31	4	2:13	13.6
7 (92)	1:49	6	0:35	47.3	20:20	4	2:41	15.2
8 (133)	2:44	3	0:07	4.5	23:04	3	2:46	13.6
9 (117)	1:52	9	0:26	30.2	24:56	3	3:12	14.7
10 (98)	0:57	1	-	-	25:53	3	3:08	13.8
11 (118)	1:18	1	-	-	27:11	3	3:07	13.0
12 (101)	3:16	7	0:31	18.8	30:27	3	3:38	13.6
13 (53)	1:32	2	0:04	4.6	31:59	3	3:42	13.1
14 (120)	1:27	3	0:07	8.8	33:26	3	3:49	12.9
15 (126)	0:44	6	0:07	18.9	34:10	3	3:53	12.8
16 (131)	0:31	4	0:02	6.9	34:41	3	3:55	12.7
17 (132)	0:25	1	-	-	35:06	3	3:17	10.3
18 (100)	0:29	1	-	-	35:35	3	3:15	10.1
□□	0:25	2	0:01	4.2	36:00	3	3:09	9.6