



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Denisova, Natallia

□□: Belaya Rus

□□□: 42:30

□□□□: 11:16 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 50-

□□□□□: 5(of 16)

□□□□□□□: 32:51

□□: 9:39

□□□□

| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (134)  | 4:47     | 7       | 1:12    | 33.5    | 4:47      | 7       | 1:12    | 33.5    |
| 2 (85)   | 5:10     | 8       | 1:43    | 49.8    | 9:57      | 5       | 2:28    | 33.0    |
| 3 (109)  | 2:12     | 14      | 0:51    | 63.0    | 12:09     | 6       | 3:14    | 36.3    |
| 4 (84)   | 1:07     | 9       | 0:29    | 76.3    | 13:16     | 6       | 3:30    | 35.8    |
| 5 (124)  | 1:52     | 4       | 0:11    | 10.9    | 15:08     | 6       | 3:23    | 28.8    |
| 6 (114)  | 4:44     | 4       | 0:52    | 22.4    | 19:52     | 5       | 3:34    | 21.9    |
| 7 (92)   | 1:28     | 2       | 0:14    | 18.9    | 21:20     | 5       | 3:41    | 20.9    |
| 8 (133)  | 3:52     | 9       | 1:15    | 47.8    | 25:12     | 4       | 4:54    | 24.1    |
| 9 (117)  | 2:01     | 10      | 0:35    | 40.7    | 27:13     | 5       | 5:29    | 25.2    |
| 10 (98)  | 1:04     | 4       | 0:07    | 12.3    | 28:17     | 5       | 5:32    | 24.3    |
| 11 (118) | 1:41     | 10      | 0:23    | 29.5    | 29:58     | 5       | 5:54    | 24.5    |
| 12 (101) | 3:22     | 10      | 0:37    | 22.4    | 33:20     | 5       | 6:31    | 24.3    |
| 13 (53)  | 1:46     | 8       | 0:18    | 20.5    | 35:06     | 5       | 6:49    | 24.1    |
| 14 (120) | 4:44     | 15      | 3:24    | 255.0   | 39:50     | 5       | 10:13   | 34.5    |
| 15 (126) | 0:37     | 1       | -       | -       | 40:27     | 5       | 10:10   | 33.6    |
| 16 (131) | 0:31     | 4       | 0:02    | 6.9     | 40:58     | 5       | 10:12   | 33.2    |
| 17 (132) | 0:29     | 5       | 0:04    | 16.0    | 41:27     | 5       | 9:38    | 30.3    |
| 18 (100) | 0:34     | 6       | 0:05    | 17.2    | 42:01     | 5       | 9:41    | 30.0    |
| □□       | 0:29     | 6       | 0:05    | 20.8    | 42:30     | 5       | 9:39    | 29.4    |