



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Laev, Riina

□□: Auseklis IK

□□□: 44:25

□□□□: 11:46 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 50-

□□□□□: 6(of 16)

□□□□□□: 32:51

□□: 11:34

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	8:29	15	4:54	136.7	8:29	15	4:54	136.7
2 (85)	4:01	4	0:34	16.4	12:30	13	5:01	67.0
3 (109)	1:37	6	0:16	19.8	14:07	12	5:12	58.3
4 (84)	1:13	11	0:35	92.1	15:20	11	5:34	57.0
5 (124)	1:59	5	0:18	17.8	17:19	11	5:34	47.4
6 (114)	5:47	9	1:55	49.6	23:06	9	6:48	41.7
7 (92)	1:44	5	0:30	40.5	24:50	7	7:11	40.7
8 (133)	2:53	4	0:16	10.2	27:43	6	7:25	36.5
9 (117)	1:43	6	0:17	19.8	29:26	6	7:42	35.4
10 (98)	1:14	10	0:17	29.8	30:40	6	7:55	34.8
11 (118)	1:41	10	0:23	29.5	32:21	6	8:17	34.4
12 (101)	3:17	8	0:32	19.4	35:38	6	8:49	32.9
13 (53)	1:35	4	0:07	8.0	37:13	6	8:56	31.6
14 (120)	4:27	14	3:07	233.8	41:40	6	12:03	40.7
15 (126)	0:41	3	0:04	10.8	42:21	6	12:04	39.9
16 (131)	0:30	2	0:01	3.5	42:51	6	12:05	39.3
17 (132)	0:30	6	0:05	20.0	43:21	6	11:32	36.3
18 (100)	0:36	8	0:07	24.1	43:57	6	11:37	35.9
□□	0:28	5	0:04	16.7	44:25	6	11:34	35.2