



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Zvaigzne, Mudite

□□: Ozons

□□□: 46:25

□□□□: 12:18 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 50-

□□□□□: 8(of 16)

□□□□□□: 32:51

□□: 13:34

□□□□

| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (134)  | 7:26     | 13      | 3:51    | 107.4   | 7:26      | 13      | 3:51    | 107.4   |
| 2 (85)   | 4:21     | 5       | 0:54    | 26.1    | 11:47     | 11      | 4:18    | 57.5    |
| 3 (109)  | 2:31     | 16      | 1:10    | 86.4    | 14:18     | 13      | 5:23    | 60.4    |
| 4 (84)   | 1:24     | 13      | 0:46    | 121.1   | 15:42     | 12      | 5:56    | 60.8    |
| 5 (124)  | 2:28     | 14      | 0:47    | 46.5    | 18:10     | 13      | 6:25    | 54.6    |
| 6 (114)  | 8:44     | 13      | 4:52    | 125.9   | 26:54     | 13      | 10:36   | 65.0    |
| 7 (92)   | 1:49     | 6       | 0:35    | 47.3    | 28:43     | 12      | 11:04   | 62.7    |
| 8 (133)  | 3:43     | 8       | 1:06    | 42.0    | 32:26     | 9       | 12:08   | 59.8    |
| 9 (117)  | 1:39     | 4       | 0:13    | 15.1    | 34:05     | 9       | 12:21   | 56.8    |
| 10 (98)  | 1:46     | 14      | 0:49    | 86.0    | 35:51     | 9       | 13:06   | 57.6    |
| 11 (118) | 1:35     | 6       | 0:17    | 21.8    | 37:26     | 9       | 13:22   | 55.5    |
| 12 (101) | 3:10     | 4       | 0:25    | 15.2    | 40:36     | 9       | 13:47   | 51.4    |
| 13 (53)  | 1:36     | 5       | 0:08    | 9.1     | 42:12     | 9       | 13:55   | 49.2    |
| 14 (120) | 1:27     | 3       | 0:07    | 8.8     | 43:39     | 8       | 14:02   | 47.4    |
| 15 (126) | 0:43     | 5       | 0:06    | 16.2    | 44:22     | 8       | 14:05   | 46.5    |
| 16 (131) | 0:32     | 7       | 0:03    | 10.3    | 44:54     | 8       | 14:08   | 45.9    |
| 17 (132) | 0:28     | 2       | 0:03    | 12.0    | 45:22     | 8       | 13:33   | 42.6    |
| 18 (100) | 0:33     | 5       | 0:04    | 13.8    | 45:55     | 8       | 13:35   | 42.0    |
| □□       | 0:30     | 7       | 0:06    | 25.0    | 46:25     | 8       | 13:34   | 41.3    |