



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

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 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 |