



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Rozentāle, Ieva

□□: Sigulda

□□□: 47:51

□□□□: 12:41 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 50-

□□□□□: 9(of 16)

□□□□□□□: 32:51

□□: 15:00

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	5:04	8	1:29	41.4	5:04	8	1:29	41.4
2 (85)	5:15	9	1:48	52.2	10:19	6	2:50	37.9
3 (109)	1:52	11	0:31	38.3	12:11	7	3:16	36.6
4 (84)	1:13	11	0:35	92.1	13:24	7	3:38	37.2
5 (124)	2:36	15	0:55	54.5	16:00	7	4:15	36.2
6 (114)	6:42	10	2:50	73.3	22:42	7	6:24	39.3
7 (92)	2:10	11	0:56	75.7	24:52	8	7:13	40.9
8 (133)	4:21	10	1:44	66.2	29:13	7	8:55	43.9
9 (117)	2:20	13	0:54	62.8	31:33	7	9:49	45.2
10 (98)	2:02	15	1:05	114.0	33:35	8	10:50	47.6
11 (118)	2:05	12	0:47	60.3	35:40	8	11:36	48.2
12 (101)	4:03	15	1:18	47.3	39:43	8	12:54	48.1
13 (53)	2:07	13	0:39	44.3	41:50	8	13:33	47.9
14 (120)	2:08	11	0:48	60.0	43:58	9	14:21	48.5
15 (126)	1:01	16	0:24	64.9	44:59	9	14:42	48.5
16 (131)	0:44	12	0:15	51.7	45:43	9	14:57	48.6
17 (132)	0:36	12	0:11	44.0	46:19	9	14:30	45.6
18 (100)	0:53	15	0:24	82.8	47:12	9	14:52	46.0
□□	0:39	14	0:15	62.5	47:51	9	15:00	45.7