



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Poriķe, Inta

□□: Alnis-JNSC OK

□□□: 1:00:06

□□□□: 15:56 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 50-

□□□□□: 14(of 16)

□□□□□□□: 32:51

□□: 27:15

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	6:18	12	2:43	75.8	6:18	12	2:43	75.8
2 (85)	5:18	10	1:51	53.6	11:36	10	4:07	55.0
3 (109)	1:49	9	0:28	34.6	13:25	9	4:30	50.5
4 (84)	2:25	16	1:47	281.6	15:50	13	6:04	62.1
5 (124)	2:18	12	0:37	36.6	18:08	12	6:23	54.3
6 (114)	7:54	12	4:02	104.3	26:02	12	9:44	59.7
7 (92)	5:17	16	4:03	328.4	31:19	14	13:40	77.4
8 (133)	9:20	13	6:43	256.7	40:39	13	20:21	100.3
9 (117)	2:05	11	0:39	45.4	42:44	13	21:00	96.6
10 (98)	1:23	11	0:26	45.6	44:07	14	21:22	93.9
11 (118)	3:25	15	2:07	162.8	47:32	14	23:28	97.5
12 (101)	3:58	14	1:13	44.2	51:30	14	24:41	92.0
13 (53)	2:51	16	1:23	94.3	54:21	14	26:04	92.2
14 (120)	2:10	12	0:50	62.5	56:31	14	26:54	90.8
15 (126)	0:52	13	0:15	40.5	57:23	14	27:06	89.5
16 (131)	0:51	14	0:22	75.9	58:14	14	27:28	89.3
17 (132)	0:34	10	0:09	36.0	58:48	14	26:59	84.8
18 (100)	0:43	12	0:14	48.3	59:31	14	27:11	84.1
□□	0:35	12	0:11	45.8	1:00:06	14	27:15	83.0