



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Buša, Velga

□□: Mona OK

□□□: 38:10

□□□□: 10:07 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 3(of 20)

□□□□□□□: 33:44

□□: 4:26

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	4:12	2	0:06	2.4	4:12	2	0:06	2.4
2 (85)	7:06	11	3:15	84.4	11:18	7	2:51	33.7
3 (109)	1:38	4	0:06	6.5	12:56	7	2:57	29.6
4 (84)	0:50	4	0:12	31.6	13:46	6	2:56	27.1
5 (124)	1:52	2	0:07	6.7	15:38	5	3:03	24.2
6 (114)	4:41	2	0:24	9.3	20:19	2	3:27	20.5
7 (92)	1:36	4	0:21	28.0	21:55	2	3:38	19.9
8 (133)	2:48	3	0:09	5.7	24:43	3	3:47	18.1
9 (117)	1:42	3	0:21	25.9	26:25	3	3:52	17.2
10 (98)	1:05	3	0:03	4.8	27:30	3	3:55	16.6
11 (118)	1:23	1	-	-	28:53	3	3:53	15.5
12 (101)	3:13	5	0:32	19.9	32:06	3	4:13	15.1
13 (53)	1:38	5	0:05	5.4	33:44	3	4:10	14.1
14 (120)	1:26	5	0:06	7.5	35:10	3	4:14	13.7
15 (126)	0:41	3	0:06	17.1	35:51	3	4:14	13.4
16 (131)	0:47	16	0:20	74.1	36:38	3	4:28	13.9
17 (132)	0:31	5	0:05	19.2	37:09	3	4:28	13.7
18 (100)	0:32	3	0:01	3.2	37:41	3	4:26	13.3
□□	0:29	4	0:02	7.4	38:10	3	4:26	13.1