



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

**Nikitsina, Tatsiana**

□□: Belaya Rus

□□□: 41:22

□□□□: 10:58 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 4(of 20)

□□□□□□□: 33:44

□□: 7:38

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (134)	6:51	11	2:45	67.1	6:51	11	2:45	67.1
2 (85)	4:13	7	0:22	9.5	11:04	6	2:37	31.0
3 (109)	1:37	3	0:05	5.4	12:41	5	2:42	27.1
4 (84)	0:48	3	0:10	26.3	13:29	4	2:39	24.5
5 (124)	1:58	5	0:13	12.4	15:27	4	2:52	22.8
6 (114)	5:23	5	1:06	25.7	20:50	4	3:58	23.5
7 (92)	1:36	4	0:21	28.0	22:26	4	4:09	22.7
8 (133)	6:36	17	3:57	149.1	29:02	5	8:06	38.7
9 (117)	1:21	1	-	-	30:23	5	7:50	34.7
10 (98)	1:08	6	0:06	9.7	31:31	5	7:56	33.6
11 (118)	1:31	5	0:08	9.6	33:02	5	8:02	32.1
12 (101)	2:41	1	-	-	35:43	5	7:50	28.1
13 (53)	1:37	3	0:04	4.3	37:20	5	7:46	26.3
14 (120)	1:20	1	-	-	38:40	4	7:44	25.0
15 (126)	0:35	1	-	-	39:15	4	7:38	24.1
16 (131)	0:42	14	0:15	55.6	39:57	4	7:47	24.2
17 (132)	0:26	1	-	-	40:23	4	7:42	23.6
18 (100)	0:31	1	-	-	40:54	4	7:39	23.0
□□	0:28	2	0:01	3.7	41:22	4	7:38	22.6