



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Šinke, Ārija

□□: Kāpa OK

□□□: 43:44

□□□□: 11:36 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 5(of 20)

□□□□□□□: 33:44

□□: 10:00

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	10:24	16	6:18	153.7	10:24	16	6:18	153.7
2 (85)	4:08	4	0:17	7.4	14:32	10	6:05	72.0
3 (109)	1:41	5	0:09	9.8	16:13	10	6:14	62.4
4 (84)	1:20	15	0:42	110.5	17:33	10	6:43	62.0
5 (124)	2:13	8	0:28	26.7	19:46	10	7:11	57.1
6 (114)	5:03	3	0:46	17.9	24:49	7	7:57	47.1
7 (92)	1:26	3	0:11	14.7	26:15	6	7:58	43.6
8 (133)	3:40	10	1:01	38.4	29:55	6	8:59	42.9
9 (117)	2:19	14	0:58	71.6	32:14	6	9:41	42.9
10 (98)	1:08	6	0:06	9.7	33:22	6	9:47	41.5
11 (118)	1:37	8	0:14	16.9	34:59	6	9:59	39.9
12 (101)	2:56	3	0:15	9.3	37:55	6	10:02	36.0
13 (53)	1:33	1	-	-	39:28	6	9:54	33.5
14 (120)	1:21	2	0:01	1.3	40:49	5	9:53	32.0
15 (126)	0:41	3	0:06	17.1	41:30	5	9:53	31.3
16 (131)	0:36	6	0:09	33.3	42:06	5	9:56	30.9
17 (132)	0:30	2	0:04	15.4	42:36	5	9:55	30.3
18 (100)	0:35	7	0:04	12.9	43:11	5	9:56	29.9
□□	0:33	12	0:06	22.2	43:44	5	10:00	29.6