



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Haverstad, Helga

□□: Lierbygda O-lag

□□□: 45:24

□□□□: 12:02 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 6(of 20)

□□□□□□□: 33:44

□□: 11:40

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	9:58	15	5:52	143.1	9:58	15	5:52	143.1
2 (85)	4:06	3	0:15	6.5	14:04	9	5:37	66.5
3 (109)	1:35	2	0:03	3.3	15:39	9	5:40	56.8
4 (84)	0:52	6	0:14	36.8	16:31	9	5:41	52.5
5 (124)	1:55	4	0:10	9.5	18:26	8	5:51	46.5
6 (114)	5:22	4	1:05	25.3	23:48	6	6:56	41.1
7 (92)	3:54	16	2:39	212.0	27:42	7	9:25	51.5
8 (133)	3:11	4	0:32	20.1	30:53	7	9:57	47.5
9 (117)	1:51	6	0:30	37.0	32:44	7	10:11	45.2
10 (98)	1:03	2	0:01	1.6	33:47	7	10:12	43.3
11 (118)	1:31	5	0:08	9.6	35:18	7	10:18	41.2
12 (101)	3:24	8	0:43	26.7	38:42	7	10:49	38.8
13 (53)	1:54	9	0:21	22.6	40:36	7	11:02	37.3
14 (120)	2:05	12	0:45	56.3	42:41	7	11:45	38.0
15 (126)	0:48	11	0:13	37.1	43:29	7	11:52	37.5
16 (131)	0:27	1	-	-	43:56	6	11:46	36.6
17 (132)	0:30	2	0:04	15.4	44:26	6	11:45	36.0
18 (100)	0:31	1	-	-	44:57	6	11:42	35.2
□□	0:27	1	-	-	45:24	6	11:40	34.6