



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Tāse, Ilze

□□: Ogre OK/SC

□□□: 45:46

□□□□: 12:08 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 7(of 20)

□□□□□□□: 33:44

□□: 12:02

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	6:43	10	2:37	63.8	6:43	10	2:37	63.8
2 (85)	4:08	4	0:17	7.4	10:51	5	2:24	28.4
3 (109)	1:42	6	0:10	10.9	12:33	4	2:34	25.7
4 (84)	1:07	12	0:29	76.3	13:40	5	2:50	26.2
5 (124)	2:15	9	0:30	28.6	15:55	6	3:20	26.5
6 (114)	5:30	7	1:13	28.4	21:25	5	4:33	27.0
7 (92)	1:37	6	0:22	29.3	23:02	5	4:45	26.0
8 (133)	3:23	7	0:44	27.7	26:25	4	5:29	26.2
9 (117)	2:02	8	0:41	50.6	28:27	4	5:54	26.2
10 (98)	1:16	9	0:14	22.6	29:43	4	6:08	26.0
11 (118)	1:37	8	0:14	16.9	31:20	4	6:20	25.3
12 (101)	3:40	13	0:59	36.7	35:00	4	7:07	25.5
13 (53)	2:02	11	0:29	31.2	37:02	4	7:28	25.3
14 (120)	5:34	19	4:14	317.5	42:36	6	11:40	37.7
15 (126)	0:47	10	0:12	34.3	43:23	6	11:46	37.2
16 (131)	0:38	9	0:11	40.7	44:01	7	11:51	36.8
17 (132)	0:31	5	0:05	19.2	44:32	7	11:51	36.3
18 (100)	0:38	9	0:07	22.6	45:10	7	11:55	35.8
□□	0:36	14	0:09	33.3	45:46	7	12:02	35.7