



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Laure, Ilze

□□: Auseklis IK

□□□: 52:05

□□□□: 13:48 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 9(of 20)

□□□□□□□: 33:44

□□: 18:21

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	4:39	5	0:33	13.4	4:39	5	0:33	13.4
2 (85)	7:04	10	3:13	83.6	11:43	8	3:16	38.7
3 (109)	1:45	7	0:13	14.1	13:28	8	3:29	34.9
4 (84)	1:01	9	0:23	60.5	14:29	8	3:39	33.7
5 (124)	4:51	17	3:06	177.1	19:20	9	6:45	53.6
6 (114)	6:59	9	2:42	63.0	26:19	8	9:27	56.0
7 (92)	3:42	15	2:27	196.0	30:01	8	11:44	64.2
8 (133)	3:23	7	0:44	27.7	33:24	8	12:28	59.6
9 (117)	2:01	7	0:40	49.4	35:25	8	12:52	57.1
10 (98)	1:16	9	0:14	22.6	36:41	8	13:06	55.6
11 (118)	1:28	4	0:05	6.0	38:09	8	13:09	52.6
12 (101)	3:32	11	0:51	31.7	41:41	8	13:48	49.5
13 (53)	1:50	8	0:17	18.3	43:31	8	13:57	47.2
14 (120)	5:01	17	3:41	276.3	48:32	9	17:36	56.9
15 (126)	0:43	8	0:08	22.9	49:15	9	17:38	55.8
16 (131)	0:53	18	0:26	96.3	50:08	9	17:58	55.9
17 (132)	0:36	12	0:10	38.5	50:44	9	18:03	55.2
18 (100)	0:42	15	0:11	35.5	51:26	9	18:11	54.7
□□	0:39	17	0:12	44.4	52:05	9	18:21	54.4