



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Melbārde, Andra

□□: Seniors

□□□: 59:01

□□□□: 15:39 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 10(of 20)

□□□□□□□: 33:44

□□: 25:17

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	6:20	8	2:14	54.5	6:20	8	2:14	54.5
2 (85)	13:28	14	9:37	249.8	19:48	13	11:21	134.3
3 (109)	2:03	10	0:31	33.7	21:51	13	11:52	118.9
4 (84)	1:01	9	0:23	60.5	22:52	13	12:02	111.1
5 (124)	2:53	11	1:08	64.8	25:45	12	13:10	104.6
6 (114)	8:37	11	4:20	101.2	34:22	11	17:30	103.8
7 (92)	4:03	17	2:48	224.0	38:25	11	20:08	110.1
8 (133)	4:09	14	1:30	56.6	42:34	11	21:38	103.3
9 (117)	2:05	10	0:44	54.3	44:39	11	22:06	98.0
10 (98)	1:27	14	0:25	40.3	46:06	11	22:31	95.5
11 (118)	1:59	15	0:36	43.4	48:05	11	23:05	92.3
12 (101)	3:53	14	1:12	44.7	51:58	11	24:05	86.4
13 (53)	1:58	10	0:25	26.9	53:56	11	24:22	82.4
14 (120)	1:44	8	0:24	30.0	55:40	10	24:44	80.0
15 (126)	0:48	11	0:13	37.1	56:28	10	24:51	78.6
16 (131)	0:37	8	0:10	37.0	57:05	10	24:55	77.5
17 (132)	0:41	16	0:15	57.7	57:46	10	25:05	76.8
18 (100)	0:39	13	0:08	25.8	58:25	10	25:10	75.7
□□	0:36	14	0:09	33.3	59:01	10	25:17	75.0