



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Penkule, Silvija

□□: Saldus OK

□□□: 59:26

□□□□: 15:45 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 12(of 20)

□□□□□□: 33:44

□□: 25:42

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	4:36	4	0:30	12.2	4:36	4	0:30	12.2
2 (85)	4:11	6	0:20	8.7	8:47	2	0:20	3.9
3 (109)	2:13	13	0:41	44.6	11:00	2	1:01	10.2
4 (84)	1:03	11	0:25	65.8	12:03	2	1:13	11.2
5 (124)	2:17	10	0:32	30.5	14:20	3	1:45	13.9
6 (114)	16:42	18	12:25	289.9	31:02	10	14:10	84.0
7 (92)	3:08	13	1:53	150.7	34:10	10	15:53	86.9
8 (133)	8:06	18	5:27	205.7	42:16	10	21:20	101.9
9 (117)	1:49	5	0:28	34.6	44:05	10	21:32	95.5
10 (98)	1:28	15	0:26	41.9	45:33	10	21:58	93.1
11 (118)	1:48	12	0:25	30.1	47:21	10	22:21	89.4
12 (101)	4:09	15	1:28	54.7	51:30	10	23:37	84.7
13 (53)	1:47	7	0:14	15.1	53:17	10	23:43	80.2
14 (120)	3:03	15	1:43	128.8	56:20	12	25:24	82.1
15 (126)	0:53	15	0:18	51.4	57:13	12	25:36	81.0
16 (131)	0:39	10	0:12	44.4	57:52	12	25:42	79.9
17 (132)	0:32	11	0:06	23.1	58:24	12	25:43	78.7
18 (100)	0:32	3	0:01	3.2	58:56	12	25:41	77.2
□□	0:30	8	0:03	11.1	59:26	12	25:42	76.2