



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Gredzena, Daina

□□: Saldus OK

□□□: 1:03:52

□□□□: 16:56 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 14(of 20)

□□□□□□: 33:44

□□: 30:08

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	8:18	13	4:12	102.4	8:18	13	4:12	102.4
2 (85)	13:37	16	9:46	253.7	21:55	14	13:28	159.4
3 (109)	1:56	8	0:24	26.1	23:51	14	13:52	138.9
4 (84)	0:56	8	0:18	47.4	24:47	14	13:57	128.8
5 (124)	2:53	11	1:08	64.8	27:40	13	15:05	119.9
6 (114)	10:41	14	6:24	149.4	38:21	13	21:29	127.4
7 (92)	1:44	8	0:29	38.7	40:05	13	21:48	119.2
8 (133)	3:48	11	1:09	43.4	43:53	13	22:57	109.6
9 (117)	2:27	15	1:06	81.5	46:20	13	23:47	105.5
10 (98)	1:15	8	0:13	21.0	47:35	13	24:00	101.8
11 (118)	1:40	11	0:17	20.5	49:15	13	24:15	97.0
12 (101)	3:37	12	0:56	34.8	52:52	13	24:59	89.6
13 (53)	2:15	13	0:42	45.2	55:07	13	25:33	86.4
14 (120)	5:22	18	4:02	302.5	1:00:29	14	29:33	95.5
15 (126)	0:51	14	0:16	45.7	1:01:20	14	29:43	94.0
16 (131)	0:39	10	0:12	44.4	1:01:59	14	29:49	92.7
17 (132)	0:36	12	0:10	38.5	1:02:35	14	29:54	91.5
18 (100)	0:43	16	0:12	38.7	1:03:18	14	30:03	90.4
□□	0:34	13	0:07	25.9	1:03:52	14	30:08	89.3