



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Yanshyna, Liudmila

□□: Belaya Rus

□□□: 1:08:50

□□□□: 18:15 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 15(of 20)

□□□□□□: 33:44

□□: 35:06

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	18:22	19	14:16	348.0	18:22	19	14:16	348.0
2 (85)	7:54	12	4:03	105.2	26:16	18	17:49	210.9
3 (109)	3:02	17	1:30	97.8	29:18	18	19:19	193.5
4 (84)	1:37	19	0:59	155.3	30:55	18	20:05	185.4
5 (124)	3:26	15	1:41	96.2	34:21	17	21:46	173.0
6 (114)	8:36	10	4:19	100.8	42:57	18	26:05	154.6
7 (92)	2:44	11	1:29	118.7	45:41	17	27:24	149.9
8 (133)	4:01	13	1:22	51.6	49:42	15	28:46	137.4
9 (117)	2:48	18	1:27	107.4	52:30	15	29:57	132.8
10 (98)	1:44	16	0:42	67.7	54:14	15	30:39	130.0
11 (118)	1:51	13	0:28	33.7	56:05	15	31:05	124.3
12 (101)	4:10	16	1:29	55.3	1:00:15	15	32:22	116.1
13 (53)	2:10	12	0:37	39.8	1:02:25	15	32:51	111.1
14 (120)	2:45	14	1:25	106.3	1:05:10	15	34:14	110.7
15 (126)	1:10	17	0:35	100.0	1:06:20	15	34:43	109.8
16 (131)	0:50	17	0:23	85.2	1:07:10	15	35:00	108.8
17 (132)	0:36	12	0:10	38.5	1:07:46	15	35:05	107.3
18 (100)	0:35	7	0:04	12.9	1:08:21	15	35:06	105.6
□□	0:29	4	0:02	7.4	1:08:50	15	35:06	104.1