



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Alksne, Aija

□□: CPSS/Meridiāns/Pārgauja

□□□: 1:10:26

□□□□: 18:40 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 16(of 20)

□□□□□□□: 33:44

□□: 36:42

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (134)	8:13	12	4:07	100.4	8:13	12	4:07	100.4
2 (85)	15:05	18	11:14	291.8	23:18	17	14:51	175.7
3 (109)	2:29	15	0:57	62.0	25:47	15	15:48	158.3
4 (84)	1:13	14	0:35	92.1	27:00	15	16:10	149.2
5 (124)	3:12	14	1:27	82.9	30:12	14	17:37	140.0
6 (114)	10:41	14	6:24	149.4	40:53	15	24:01	142.4
7 (92)	4:22	18	3:07	249.3	45:15	15	26:58	147.5
8 (133)	4:43	15	2:04	78.0	49:58	16	29:02	138.7
9 (117)	2:47	17	1:26	106.2	52:45	16	30:12	133.9
10 (98)	1:54	17	0:52	83.9	54:39	16	31:04	131.7
11 (118)	2:19	16	0:56	67.5	56:58	16	31:58	127.9
12 (101)	4:33	17	1:52	69.6	1:01:31	16	33:38	120.6
13 (53)	2:42	17	1:09	74.2	1:04:13	16	34:39	117.2
14 (120)	2:12	13	0:52	65.0	1:06:25	16	35:29	114.7
15 (126)	1:03	16	0:28	80.0	1:07:28	16	35:51	113.4
16 (131)	0:40	12	0:13	48.2	1:08:08	16	35:58	111.8
17 (132)	0:43	17	0:17	65.4	1:08:51	16	36:10	110.7
18 (100)	0:50	18	0:19	61.3	1:09:41	16	36:26	109.6
□□	0:45	18	0:18	66.7	1:10:26	16	36:42	108.8