



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Iudova, Elena

□□: OK Kaliningrad

□□□: 1:23:48

□□□□: 22:13 min/km

□□: 3.77 km / 18 □□

□□□□:

Women 55-

□□□□□: 17(of 20)

□□□□□□□: 33:44

□□: 50:04

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (134)	14:26	17	10:20	252.0	14:26	17	10:20	252.0
2 (85)	8:01	13	4:10	108.2	22:27	15	14:00	165.7
3 (109)	4:27	18	2:55	190.2	26:54	16	16:55	169.5
4 (84)	1:28	16	0:50	131.6	28:22	16	17:32	161.9
5 (124)	3:30	16	1:45	100.0	31:52	16	19:17	153.3
6 (114)	10:18	13	6:01	140.5	42:10	17	25:18	150.0
7 (92)	3:15	14	2:00	160.0	45:25	16	27:08	148.4
8 (133)	5:34	16	2:55	110.1	50:59	17	30:03	143.6
9 (117)	7:29	19	6:08	454.3	58:28	17	35:55	159.3
10 (98)	2:15	18	1:13	117.7	1:00:43	17	37:08	157.5
11 (118)	3:13	18	1:50	132.5	1:03:56	17	38:56	155.7
12 (101)	6:36	18	3:55	146.0	1:10:32	17	42:39	153.0
13 (53)	3:28	18	1:55	123.7	1:14:00	17	44:26	150.3
14 (120)	3:12	16	1:52	140.0	1:17:12	17	46:16	149.6
15 (126)	1:31	18	0:56	160.0	1:18:43	17	47:06	149.0
16 (131)	1:08	19	0:41	151.9	1:19:51	17	47:41	148.2
17 (132)	1:17	19	0:51	196.2	1:21:08	17	48:27	148.2
18 (100)	1:21	19	0:50	161.3	1:22:29	17	49:14	148.1
□□	1:19	19	0:52	192.6	1:23:48	17	50:04	148.4