



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Žilko, Lauma

□□: Kāpa OK

□□□: 39:39

□□□□: 10:37 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 60-

□□□□□: 2(of 11)

□□□□□□□: 39:05

□□: 0:34

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	3:27	2	0:18	9.5	3:27	2	0:18	9.5
2 (87)	2:22	1	-	-	5:49	1	-	-
3 (129)	1:19	1	-	-	7:08	1	-	-
4 (86)	1:38	1	-	-	8:46	1	-	-
5 (89)	1:39	1	-	-	10:25	1	-	-
6 (109)	6:05	8	3:26	129.6	16:30	2	2:28	17.6
7 (84)	0:51	2	0:03	6.3	17:21	2	2:26	16.3
8 (111)	2:48	5	0:16	10.5	20:09	2	2:41	15.4
9 (94)	3:03	1	-	-	23:12	2	2:15	10.7
10 (115)	2:47	2	0:01	0.6	25:59	2	1:52	7.7
11 (96)	2:22	1	-	-	28:21	2	1:31	5.7
12 (116)	1:34	1	-	-	29:55	2	1:22	4.8
13 (78)	5:17	1	-	-	35:12	2	0:33	1.6
14 (53)	0:56	1	-	-	36:08	2	0:31	1.5
15 (120)	1:34	3	0:07	8.1	37:42	2	0:31	1.4
16 (131)	0:52	3	0:06	13.0	38:34	2	0:37	1.6
17 (100)	0:36	2	0:01	2.9	39:10	2	0:35	1.5
□□	0:29	1	-	-	39:39	2	0:34	1.5