



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Bjørseth, Gerd

□□: Krokstadøra IL

□□□: 52:42

□□□□: 14:07 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 60-

□□□□□: 5(of 11)

□□□□□□□: 39:05

□□: 13:37

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	9:04	9	5:55	187.8	9:04	9	5:55	187.8
2 (87)	2:41	2	0:19	13.4	11:45	6	5:56	102.0
3 (129)	1:25	2	0:06	7.6	13:10	6	6:02	84.6
4 (86)	6:28	10	4:50	295.9	19:38	6	10:52	124.0
5 (89)	1:47	4	0:08	8.1	21:25	6	11:00	105.6
6 (109)	2:39	1	-	-	24:04	6	10:02	71.5
7 (84)	0:53	4	0:05	10.4	24:57	6	10:02	67.3
8 (111)	3:09	7	0:37	24.3	28:06	6	10:38	60.9
9 (94)	4:15	6	1:12	39.3	32:21	5	11:24	54.4
10 (115)	4:15	8	1:29	53.6	36:36	5	12:29	51.8
11 (96)	2:59	6	0:37	26.1	39:35	5	12:45	47.5
12 (116)	2:09	7	0:35	37.2	41:44	5	13:11	46.2
13 (78)	6:11	3	0:54	17.0	47:55	5	13:16	38.3
14 (53)	1:03	4	0:07	12.5	48:58	5	13:21	37.5
15 (120)	1:41	6	0:14	16.1	50:39	5	13:28	36.2
16 (131)	0:51	2	0:05	10.9	51:30	5	13:33	35.7
17 (100)	0:42	6	0:07	20.0	52:12	5	13:37	35.3
□□	0:30	2	0:01	3.5	52:42	5	13:37	34.8