



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Semuchina, Galina

□□: OK Kaliningrad

□□□: 1:11:18

□□□□: 19:06 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 60-

□□□□□: 8(of 11)

□□□□□□: 39:05

□□: 32:13

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	9:45	10	6:36	209.5	9:45	10	6:36	209.5
2 (87)	4:17	7	1:55	81.0	14:02	8	8:13	141.3
3 (129)	3:17	11	1:58	149.4	17:19	8	10:11	142.8
4 (86)	2:21	5	0:43	43.9	19:40	7	10:54	124.3
5 (89)	3:16	10	1:37	98.0	22:56	7	12:31	120.2
6 (109)	9:09	9	6:30	245.3	32:05	9	18:03	128.6
7 (84)	1:09	9	0:21	43.8	33:14	9	18:19	122.8
8 (111)	3:45	9	1:13	48.0	36:59	9	19:31	111.7
9 (94)	5:08	7	2:05	68.3	42:07	9	21:10	101.0
10 (115)	4:55	10	2:09	77.7	47:02	9	22:55	95.0
11 (96)	3:41	8	1:19	55.6	50:43	9	23:53	89.0
12 (116)	2:39	9	1:05	69.2	53:22	8	24:49	86.9
13 (78)	11:52	11	6:35	124.6	1:05:14	8	30:35	88.3
14 (53)	1:14	7	0:18	32.1	1:06:28	8	30:51	86.6
15 (120)	1:59	7	0:32	36.8	1:08:27	8	31:16	84.1
16 (131)	1:16	9	0:30	65.2	1:09:43	8	31:46	83.7
17 (100)	0:59	8	0:24	68.6	1:10:42	8	32:07	83.2
□□	0:36	8	0:07	24.1	1:11:18	8	32:13	82.4