



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Semuchina, Galina

□□: OK Kaliningrad

□□□: 1:11:18

□□□□: 19:06 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 60-

□□□□□: 8(of 11)

□□□□□□: 39:05

□□: 32:13

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| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 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    |