



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Bolšteina, Māra

□□: Alnis-JNSC OK

□□□: 54:58

□□□□: 14:44 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 65-

□□□□□: 3(of 12)

□□□□□□□: 37:48

□□: 17:10

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	8:55	10	5:24	153.6	8:55	10	5:24	153.6
2 (87)	3:20	4	0:53	36.1	12:15	8	6:17	105.3
3 (129)	1:20	1	-	-	13:35	6	6:03	80.3
4 (86)	2:36	3	1:14	90.2	16:11	5	7:17	81.8
5 (89)	1:58	3	0:21	21.7	18:09	5	7:38	72.6
6 (109)	7:14	11	4:45	191.3	25:23	4	12:23	95.3
7 (84)	0:42	1	-	-	26:05	4	12:13	88.1
8 (111)	3:11	3	0:29	17.9	29:16	4	12:42	76.7
9 (94)	3:02	1	-	-	32:18	4	12:32	63.4
10 (115)	3:22	4	0:12	6.3	35:40	3	12:44	55.5
11 (96)	2:56	3	0:53	43.1	38:36	2	13:37	54.5
12 (116)	1:54	3	0:22	23.9	40:30	3	13:59	52.7
13 (78)	9:23	11	3:26	57.7	49:53	3	16:43	50.4
14 (53)	1:19	10	0:24	43.6	51:12	3	17:07	50.2
15 (120)	1:39	1	-	-	52:51	3	16:59	47.4
16 (131)	0:54	4	0:09	20.0	53:45	3	17:08	46.8
17 (100)	0:38	1	-	-	54:23	3	17:08	46.0
□□	0:35	3	0:02	6.1	54:58	3	17:10	45.4