



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Plaude, Māra

□□: NSB Liepava

□□□: 57:12

□□□□: 15:20 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 65-

□□□□□: 5(of 12)

□□□□□□□: 37:48

□□: 19:24

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	4:05	2	0:34	16.1	4:05	2	0:34	16.1
2 (87)	2:38	2	0:11	7.5	6:43	2	0:45	12.6
3 (129)	1:54	5	0:34	42.5	8:37	2	1:05	14.4
4 (86)	6:44	9	5:22	392.7	15:21	3	6:27	72.5
5 (89)	2:34	8	0:57	58.8	17:55	3	7:24	70.4
6 (109)	11:01	12	8:32	343.6	28:56	9	15:56	122.6
7 (84)	1:04	4	0:22	52.4	30:00	9	16:08	116.4
8 (111)	4:23	7	1:41	62.4	34:23	8	17:49	107.6
9 (94)	3:40	3	0:38	20.9	38:03	7	18:17	92.5
10 (115)	3:31	5	0:21	11.1	41:34	6	18:38	81.3
11 (96)	2:48	2	0:45	36.6	44:22	6	19:23	77.6
12 (116)	1:54	3	0:22	23.9	46:16	6	19:45	74.5
13 (78)	5:57	1	-	-	52:13	5	19:03	57.4
14 (53)	1:00	3	0:05	9.1	53:13	5	19:08	56.1
15 (120)	1:41	2	0:02	2.0	54:54	5	19:02	53.1
16 (131)	0:55	5	0:10	22.2	55:49	5	19:12	52.4
17 (100)	0:46	4	0:08	21.1	56:35	5	19:20	51.9
□□	0:37	7	0:04	12.1	57:12	5	19:24	51.3