



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Segliņa, Silvija

□□: KURMIS OK

□□□: 1:00:05

□□□□: 16:06 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 65-

□□□□□: 6(of 12)

□□□□□□: 37:48

□□: 22:17

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	10:02	12	6:31	185.3	10:02	12	6:31	185.3
2 (87)	3:31	6	1:04	43.5	13:33	10	7:35	127.1
3 (129)	2:34	11	1:14	92.5	16:07	11	8:35	113.9
4 (86)	2:37	4	1:15	91.5	18:44	7	9:50	110.5
5 (89)	2:18	7	0:41	42.3	21:02	7	10:31	100.0
6 (109)	5:56	10	3:27	138.9	26:58	7	13:58	107.4
7 (84)	1:05	5	0:23	54.8	28:03	7	14:11	102.3
8 (111)	3:29	4	0:47	29.0	31:32	6	14:58	90.3
9 (94)	5:23	6	2:21	77.5	36:55	5	17:09	86.8
10 (115)	3:17	3	0:07	3.7	40:12	5	17:16	75.3
11 (96)	3:33	8	1:30	73.2	43:45	5	18:46	75.1
12 (116)	2:07	8	0:35	38.0	45:52	5	19:21	73.0
13 (78)	8:34	8	2:37	44.0	54:26	6	21:16	64.1
14 (53)	1:11	7	0:16	29.1	55:37	6	21:32	63.2
15 (120)	2:03	7	0:24	24.2	57:40	6	21:48	60.8
16 (131)	1:00	6	0:15	33.3	58:40	6	22:03	60.2
17 (100)	0:50	7	0:12	31.6	59:30	6	22:15	59.7
□□	0:35	3	0:02	6.1	1:00:05	6	22:17	59.0