



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Lindsten, Ulla

□□: Rasti-Jyry

□□□: 1:03:20

□□□□: 16:58 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 65-

□□□□□: 7(of 12)

□□□□□□□: 37:48

□□: 25:32

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| □□ | □□ | □□ | □□ | □□ | □□□ | □□ | □□ | □□ |
|----------|------|----|------|-------|---------|----|-------|------|
| | □□ | - | - | % | □□ | - | - | % |
| 1 (82) | 5:43 | 7 | 2:12 | 62.6 | 5:43 | 7 | 2:12 | 62.6 |
| 2 (87) | 5:59 | 10 | 3:32 | 144.2 | 11:42 | 7 | 5:44 | 96.1 |
| 3 (129) | 2:23 | 9 | 1:03 | 78.8 | 14:05 | 7 | 6:33 | 87.0 |
| 4 (86) | 2:50 | 6 | 1:28 | 107.3 | 16:55 | 6 | 8:01 | 90.1 |
| 5 (89) | 3:29 | 10 | 1:52 | 115.5 | 20:24 | 6 | 9:53 | 94.0 |
| 6 (109) | 5:35 | 9 | 3:06 | 124.8 | 25:59 | 6 | 12:59 | 99.9 |
| 7 (84) | 1:44 | 10 | 1:02 | 147.6 | 27:43 | 6 | 13:51 | 99.9 |
| 8 (111) | 4:38 | 8 | 1:56 | 71.6 | 32:21 | 7 | 15:47 | 95.3 |
| 9 (94) | 6:38 | 10 | 3:36 | 118.7 | 38:59 | 8 | 19:13 | 97.2 |
| 10 (115) | 4:06 | 7 | 0:56 | 29.5 | 43:05 | 8 | 20:09 | 87.9 |
| 11 (96) | 3:29 | 6 | 1:26 | 69.9 | 46:34 | 8 | 21:35 | 86.4 |
| 12 (116) | 2:05 | 7 | 0:33 | 35.9 | 48:39 | 7 | 22:08 | 83.5 |
| 13 (78) | 8:32 | 6 | 2:35 | 43.4 | 57:11 | 7 | 24:01 | 72.4 |
| 14 (53) | 1:13 | 8 | 0:18 | 32.7 | 58:24 | 7 | 24:19 | 71.3 |
| 15 (120) | 2:09 | 8 | 0:30 | 30.3 | 1:00:33 | 7 | 24:41 | 68.8 |
| 16 (131) | 1:10 | 9 | 0:25 | 55.6 | 1:01:43 | 7 | 25:06 | 68.6 |
| 17 (100) | 0:54 | 8 | 0:16 | 42.1 | 1:02:37 | 7 | 25:22 | 68.1 |
| □□ | 0:43 | 10 | 0:10 | 30.3 | 1:03:20 | 7 | 25:32 | 67.6 |