



# 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

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
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