



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Šterna, Rudīte

□□: Sigulda

□□□: 1:09:06

□□□□: 18:31 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 65-

□□□□□: 10(of 12)

□□□□□□: 37:48

□□: 31:18

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	5:40	6	2:09	61.1	5:40	6	2:09	61.1
2 (87)	3:20	4	0:53	36.1	9:00	5	3:02	50.8
3 (129)	1:48	3	0:28	35.0	10:48	5	3:16	43.4
4 (86)	11:02	12	9:40	707.3	21:50	11	12:56	145.3
5 (89)	2:16	6	0:39	40.2	24:06	9	13:35	129.2
6 (109)	3:17	2	0:48	32.2	27:23	8	14:23	110.6
7 (84)	1:06	6	0:24	57.1	28:29	8	14:37	105.4
8 (111)	10:47	12	8:05	299.4	39:16	12	22:42	137.0
9 (94)	6:00	9	2:58	97.8	45:16	11	25:30	129.0
10 (115)	3:14	2	0:04	2.1	48:30	11	25:34	111.5
11 (96)	3:29	6	1:26	69.9	51:59	10	27:00	108.1
12 (116)	1:54	3	0:22	23.9	53:53	10	27:22	103.2
13 (78)	8:37	9	2:40	44.8	1:02:30	10	29:20	88.4
14 (53)	1:05	5	0:10	18.2	1:03:35	10	29:30	86.6
15 (120)	2:27	11	0:48	48.5	1:06:02	10	30:10	84.1
16 (131)	1:27	11	0:42	93.3	1:07:29	10	30:52	84.3
17 (100)	0:54	8	0:16	42.1	1:08:23	10	31:08	83.6
□□	0:43	10	0:10	30.3	1:09:06	10	31:18	82.8