



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Kraze, Anfiza

□□: Auseklis IK

□□□: 1:12:40

□□□□: 19:28 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 65-

□□□□□: 11(of 12)

□□□□□□□: 37:48

□□: 34:52

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	7:44	9	4:13	119.9	7:44	9	4:13	119.9
2 (87)	3:37	7	1:10	47.6	11:21	6	5:23	90.2
3 (129)	3:06	12	1:46	132.5	14:27	8	6:55	91.8
4 (86)	9:53	11	8:31	623.2	24:20	12	15:26	173.4
5 (89)	2:10	4	0:33	34.0	26:30	12	15:59	152.0
6 (109)	3:58	5	1:29	59.7	30:28	12	17:28	134.4
7 (84)	1:18	8	0:36	85.7	31:46	11	17:54	129.1
8 (111)	5:21	10	2:39	98.2	37:07	11	20:33	124.0
9 (94)	9:59	12	6:57	229.1	47:06	12	27:20	138.3
10 (115)	3:46	6	0:36	19.0	50:52	12	27:56	121.8
11 (96)	3:35	9	1:32	74.8	54:27	12	29:28	118.0
12 (116)	3:23	11	1:51	120.7	57:50	12	31:19	118.1
13 (78)	8:33	7	2:36	43.7	1:06:23	11	33:13	100.2
14 (53)	1:13	8	0:18	32.7	1:07:36	11	33:31	98.3
15 (120)	2:14	10	0:35	35.4	1:09:50	11	33:58	94.7
16 (131)	1:10	9	0:25	55.6	1:11:00	11	34:23	93.9
17 (100)	1:03	11	0:25	65.8	1:12:03	11	34:48	93.4
□□	0:37	7	0:04	12.1	1:12:40	11	34:52	92.2