



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Miasnikova, Ludmila

□□: OK Kaliningrad

□□□: 1:21:00

□□□□: 21:42 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 65-

□□□□□: 12(of 12)

□□□□□□: 37:48

□□: 43:12

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	7:21	8	3:50	109.0	7:21	8	3:50	109.0
2 (87)	5:38	9	3:11	129.9	12:59	9	7:01	117.6
3 (129)	2:31	10	1:11	88.8	15:30	9	7:58	105.8
4 (86)	5:27	8	4:05	298.8	20:57	9	12:03	135.4
5 (89)	3:59	11	2:22	146.4	24:56	10	14:25	137.1
6 (109)	5:14	8	2:45	110.7	30:10	11	17:10	132.1
7 (84)	1:54	11	1:12	171.4	32:04	12	18:12	131.3
8 (111)	4:39	9	1:57	72.2	36:43	9	20:09	121.6
9 (94)	5:59	8	2:57	97.3	42:42	10	22:56	116.0
10 (115)	5:32	12	2:22	74.7	48:14	10	25:18	110.3
11 (96)	4:31	12	2:28	120.3	52:45	11	27:46	111.1
12 (116)	2:57	10	1:25	92.4	55:42	11	29:11	110.1
13 (78)	16:20	12	10:23	174.5	1:12:02	12	38:52	117.2
14 (53)	1:45	12	0:50	90.9	1:13:47	12	39:42	116.5
15 (120)	2:37	12	0:58	58.6	1:16:24	12	40:32	113.0
16 (131)	2:43	12	1:58	262.2	1:19:07	12	42:30	116.1
17 (100)	1:07	12	0:29	76.3	1:20:14	12	42:59	115.4
□□	0:46	12	0:13	39.4	1:21:00	12	43:12	114.3