



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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## Tulokas, Tuula

□□: Suomusjärven Sisu

□□□: 1:11:20

□□□□: 19:07 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 70-

□□□□□: 4(of 11)

□□□□□□□: 45:47

□□: 25:33

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	5:29	4	1:49	49.6	5:29	4	1:49	49.6
2 (87)	4:37	6	1:31	48.9	10:06	4	3:18	48.5
3 (129)	2:24	2	0:14	10.8	12:30	3	3:17	35.6
4 (86)	3:08	5	0:54	40.3	15:38	4	4:08	35.9
5 (89)	2:40	4	0:38	31.2	18:18	3	4:46	35.2
6 (109)	5:26	9	2:34	89.5	23:44	3	7:20	44.7
7 (84)	1:23	9	0:26	45.6	25:07	3	7:46	44.8
8 (111)	4:37	8	1:23	42.8	29:44	3	9:06	44.1
9 (94)	14:14	9	10:33	286.4	43:58	5	19:39	80.8
10 (115)	4:39	5	1:27	45.3	48:37	5	21:06	76.7
11 (96)	4:11	8	1:30	55.9	52:48	5	22:24	73.7
12 (116)	2:31	5	0:51	51.0	55:19	5	23:15	72.5
13 (78)	9:29	5	2:43	40.2	1:04:48	4	23:25	56.6
14 (53)	1:23	7	0:19	29.7	1:06:11	4	23:44	55.9
15 (120)	2:15	4	0:53	64.6	1:08:26	4	24:37	56.2
16 (131)	1:08	4	0:16	30.8	1:09:34	4	24:53	55.7
17 (100)	1:01	7	0:25	69.4	1:10:35	4	25:17	55.8
□□	0:45	9	0:16	55.2	1:11:20	4	25:33	55.8