



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Čerņiševa, Vaira

□□: Ziemeļkurzeme OK

□□□: 1:18:21

□□□□: 21:00 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 70-

□□□□□: 5(of 11)

□□□□□□□: 45:47

□□: 32:34

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	10:51	10	7:11	195.9	10:51	10	7:11	195.9
2 (87)	3:06	1	-	-	13:57	8	7:09	105.2
3 (129)	2:35	6	0:25	19.2	16:32	8	7:19	79.4
4 (86)	2:17	2	0:03	2.2	18:49	5	7:19	63.6
5 (89)	7:07	10	5:05	250.0	25:56	7	12:24	91.6
6 (109)	3:48	3	0:56	32.6	29:44	6	13:20	81.3
7 (84)	1:22	8	0:25	43.9	31:06	6	13:45	79.3
8 (111)	3:14	1	-	-	34:20	6	13:42	66.4
9 (94)	15:41	10	12:00	325.8	50:01	6	25:42	105.7
10 (115)	4:10	3	0:58	30.2	54:11	6	26:40	96.9
11 (96)	2:41	1	-	-	56:52	6	26:28	87.1
12 (116)	1:40	1	-	-	58:32	6	26:28	82.5
13 (78)	10:59	6	4:13	62.3	1:09:31	5	28:08	68.0
14 (53)	3:25	11	2:21	220.3	1:12:56	5	30:29	71.8
15 (120)	2:58	8	1:36	117.1	1:15:54	5	32:05	73.2
16 (131)	1:02	2	0:10	19.2	1:16:56	5	32:15	72.2
17 (100)	0:45	3	0:09	25.0	1:17:41	5	32:23	71.5
□□	0:40	4	0:11	37.9	1:18:21	5	32:34	71.1