



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Vilppola, Anneli

□□: lisu

□□□: 1:30:06

□□□□: 24:09 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 70-

□□□□□: 7(of 11)

□□□□□□□: 45:47

□□: 44:19

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	4:58	3	1:18	35.5	4:58	3	1:18	35.5
2 (87)	4:04	5	0:58	31.2	9:02	3	2:14	32.8
3 (129)	3:37	11	1:27	66.9	12:39	5	3:26	37.3
4 (86)	10:22	11	8:08	364.2	23:01	7	11:31	100.1
5 (89)	2:18	2	0:16	13.1	25:19	6	11:47	87.1
6 (109)	4:57	6	2:05	72.7	30:16	7	13:52	84.6
7 (84)	1:10	4	0:13	22.8	31:26	7	14:05	81.2
8 (111)	5:03	9	1:49	56.2	36:29	7	15:51	76.8
9 (94)	17:03	11	13:22	362.9	53:32	8	29:13	120.2
10 (115)	5:51	7	2:39	82.8	59:23	8	31:52	115.8
11 (96)	3:23	6	0:42	26.1	1:02:46	7	32:22	106.5
12 (116)	7:53	9	6:13	373.0	1:10:39	7	38:35	120.3
13 (78)	12:19	8	5:33	82.0	1:22:58	7	41:35	100.5
14 (53)	1:12	4	0:08	12.5	1:24:10	7	41:43	98.3
15 (120)	2:45	7	1:23	101.2	1:26:55	7	43:06	98.4
16 (131)	1:14	6	0:22	42.3	1:28:09	7	43:28	97.3
17 (100)	1:14	10	0:38	105.6	1:29:23	7	44:05	97.3
□□	0:43	7	0:14	48.3	1:30:06	7	44:19	96.8