



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Zjatkova, Velta

□□: Alnis-JNSC OK

□□□: 1:04:08

□□□□: 17:11 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 75-

□□□□□: 3(of 6)

□□□□□□: 54:29

□□: 9:39

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	5:30	2	1:04	24.1	5:30	2	1:04	24.1
2 (87)	4:19	4	1:04	32.8	9:49	3	1:55	24.3
3 (129)	1:51	2	0:05	4.7	11:40	3	1:51	18.9
4 (86)	2:29	2	0:03	2.1	14:09	3	1:54	15.5
5 (89)	2:15	2	0:13	10.7	16:24	3	1:49	12.5
6 (109)	3:07	1	-	-	19:31	2	1:49	10.3
7 (84)	0:56	2	0:02	3.7	20:27	2	1:51	10.0
8 (111)	3:13	2	0:02	1.1	23:40	2	1:53	8.7
9 (94)	16:07	5	11:50	276.3	39:47	3	8:30	27.2
10 (115)	9:09	6	5:03	123.2	48:56	4	10:37	27.7
11 (96)	2:17	1	-	-	51:13	4	10:25	25.5
12 (116)	1:30	1	-	-	52:43	4	10:21	24.4
13 (78)	6:38	2	0:08	2.1	59:21	3	10:29	21.5
14 (53)	0:58	2	0:08	16.0	1:00:19	3	10:29	21.0
15 (120)	1:31	1	-	-	1:01:50	3	9:26	18.0
16 (131)	0:56	2	0:08	16.7	1:02:46	3	9:34	18.0
17 (100)	0:49	3	0:06	14.0	1:03:35	3	9:40	17.9
□□	0:33	2	0:02	6.5	1:04:08	3	9:39	17.7