



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Jēkabsone, Marga

□□: SILVA

□□□: 1:08:39

□□□□: 18:24 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 75-

□□□□□: 4(of 6)

□□□□□□□: 54:29

□□: 14:10

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	6:05	4	1:39	37.2	6:05	4	1:39	37.2
2 (87)	4:28	6	1:13	37.4	10:33	4	2:39	33.5
3 (129)	2:42	5	0:56	52.8	13:15	4	3:26	35.0
4 (86)	2:58	5	0:32	21.9	16:13	4	3:58	32.4
5 (89)	2:54	5	0:52	42.6	19:07	5	4:32	31.1
6 (109)	5:31	5	2:24	77.0	24:38	4	6:56	39.2
7 (84)	1:17	5	0:23	42.6	25:55	4	7:19	39.3
8 (111)	5:46	5	2:35	81.2	31:41	4	9:54	45.5
9 (94)	9:18	3	5:01	117.1	40:59	4	9:42	31.0
10 (115)	4:44	2	0:38	15.5	45:43	3	7:24	19.3
11 (96)	3:17	5	1:00	43.8	49:00	3	8:12	20.1
12 (116)	2:38	5	1:08	75.6	51:38	3	9:16	21.9
13 (78)	9:45	6	3:15	50.0	1:01:23	4	12:31	25.6
14 (53)	1:25	6	0:35	70.0	1:02:48	4	12:58	26.0
15 (120)	2:22	4	0:51	56.0	1:05:10	4	12:46	24.4
16 (131)	1:41	6	0:53	110.4	1:06:51	4	13:39	25.7
17 (100)	0:55	4	0:12	27.9	1:07:46	4	13:51	25.7
□□	0:53	6	0:22	71.0	1:08:39	4	14:10	26.0