



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Plukše, Anda

□□: Ceļuprojekts

□□□: 1:15:16

□□□□: 20:10 min/km

□□: 3.73 km / 17 □□

□□□□:

Women 75-

□□□□□: 5(of 6)

□□□□□□□: 54:29

□□: 20:47

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	6:28	5	2:02	45.9	6:28	5	2:02	45.9
2 (87)	4:26	5	1:11	36.4	10:54	5	3:00	38.0
3 (129)	2:46	6	1:00	56.6	13:40	5	3:51	39.2
4 (86)	2:41	4	0:15	10.3	16:21	5	4:06	33.5
5 (89)	2:44	4	0:42	34.4	19:05	4	4:30	30.9
6 (109)	4:16	3	1:09	36.9	23:21	3	5:39	31.9
7 (84)	1:20	6	0:26	48.2	24:41	3	6:05	32.7
8 (111)	3:36	3	0:25	13.1	28:17	3	6:30	29.8
9 (94)	18:01	6	13:44	320.6	46:18	5	15:01	48.0
10 (115)	6:46	3	2:40	65.0	53:04	5	14:45	38.5
11 (96)	3:16	4	0:59	43.1	56:20	5	15:32	38.1
12 (116)	2:23	4	0:53	58.9	58:43	5	16:21	38.6
13 (78)	8:10	4	1:40	25.6	1:06:53	5	18:01	36.9
14 (53)	1:20	5	0:30	60.0	1:08:13	5	18:23	36.9
15 (120)	4:00	6	2:29	163.7	1:12:13	5	19:49	37.8
16 (131)	1:24	5	0:36	75.0	1:13:37	5	20:25	38.4
17 (100)	1:00	5	0:17	39.5	1:14:37	5	20:42	38.4
□□	0:39	5	0:08	25.8	1:15:16	5	20:47	38.2