



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Trēziņa, Aija Denija

□□: ZVOC-VBSS

□□□: 34:03

□□□□: 10:15 min/km

□□: 3.32 km / 15 □□

□□□□:

Women -14

□□□□□: 3(of 21)

□□□□□□□: 28:05

□□: 5:58

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	3:10	10	1:03	49.6	3:10	10	1:03	49.6
2 (135)	1:18	4	0:05	6.9	4:28	5	1:06	32.7
3 (83)	1:35	13	1:02	187.9	6:03	6	1:57	47.6
4 (111)	4:17	3	0:09	3.6	10:20	3	1:09	12.5
5 (95)	2:18	1	-	-	12:38	3	0:41	5.7
6 (92)	1:52	2	0:03	2.8	14:30	2	0:26	3.1
7 (96)	1:35	5	0:07	8.0	16:05	2	0:27	2.9
8 (133)	6:41	14	4:53	271.3	22:46	4	4:14	22.8
9 (118)	1:48	3	0:04	3.9	24:34	3	4:18	21.2
10 (102)	4:29	14	1:20	42.3	29:03	3	5:35	23.8
11 (53)	1:06	5	0:05	8.2	30:09	3	5:29	22.2
12 (126)	1:53	9	0:32	39.5	32:02	3	6:01	23.1
13 (120)	0:34	4	0:04	13.3	32:36	3	6:01	22.6
14 (132)	0:41	12	0:09	28.1	33:17	3	6:03	22.2
15 (100)	0:25	2	0:02	8.7	33:42	3	6:00	21.7
□□	0:21	1	-	-	34:03	3	5:58	21.3