



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Berķe, Paula

□□: CPSS/Meridiāns/Pārgauja

□□□: 44:30

□□□□: 13:24 min/km

□□: 3.32 km / 15 □□

□□□□:

Women -14

□□□□□: 9(of 21)

□□□□□□□: 28:05

□□: 16:25

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	3:24	11	1:17	60.6	3:24	11	1:17	60.6
2 (135)	1:45	10	0:32	43.8	5:09	8	1:47	53.0
3 (83)	1:35	13	1:02	187.9	6:44	10	2:38	64.2
4 (111)	5:04	5	0:56	22.6	11:48	6	2:37	28.5
5 (95)	2:50	9	0:32	23.2	14:38	5	2:41	22.5
6 (92)	3:44	14	1:55	105.5	18:22	4	4:18	30.6
7 (96)	2:05	10	0:37	42.1	20:27	4	4:49	30.8
8 (133)	13:43	18	11:55	662.0	34:10	12	15:38	84.4
9 (118)	2:10	6	0:26	25.0	36:20	9	16:04	79.3
10 (102)	3:36	7	0:27	14.3	39:56	9	16:28	70.2
11 (53)	1:10	7	0:09	14.8	41:06	9	16:26	66.6
12 (126)	1:24	2	0:03	3.7	42:30	9	16:29	63.4
13 (120)	0:32	3	0:02	6.7	43:02	9	16:27	61.9
14 (132)	0:39	8	0:07	21.9	43:41	9	16:27	60.4
15 (100)	0:27	6	0:04	17.4	44:08	9	16:26	59.3
□□	0:22	6	0:01	4.8	44:30	9	16:25	58.5