



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Martinsone, Amanda Paula

□□□: 51:09

□□: CPSS/Meridiāns/Pārgauja

□□□□: 15:24 min/km

□□: 3.32 km / 15 □□

□□□□:

Women -14

□□□□□: 13(of 21)

□□□□□□: 28:05

□□: 23:04

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	5:14	15	3:07	147.2	5:14	15	3:07	147.2
2 (135)	1:15	2	0:02	2.7	6:29	13	3:07	92.6
3 (83)	1:55	16	1:22	248.5	8:24	13	4:18	104.9
4 (111)	6:28	8	2:20	56.5	14:52	11	5:41	61.9
5 (95)	6:42	14	4:24	191.3	21:34	14	9:37	80.5
6 (92)	2:48	10	0:59	54.1	24:22	13	10:18	73.2
7 (96)	1:58	8	0:30	34.1	26:20	11	10:42	68.4
8 (133)	3:08	8	1:20	74.1	29:28	10	10:56	59.0
9 (118)	7:54	17	6:10	355.8	37:22	10	17:06	84.4
10 (102)	5:47	16	2:38	83.6	43:09	12	19:41	83.9
11 (53)	1:18	9	0:17	27.9	44:27	12	19:47	80.2
12 (126)	4:31	19	3:10	234.6	48:58	14	22:57	88.2
13 (120)	0:39	8	0:09	30.0	49:37	13	23:02	86.7
14 (132)	0:39	8	0:07	21.9	50:16	13	23:02	84.6
15 (100)	0:32	15	0:09	39.1	50:48	13	23:06	83.4
□□	0:21	1	-	-	51:09	13	23:04	82.1