



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Ločmele, Elizabete

□□: ZVOC-VBSS

□□□: 38:00

□□□□: 10:21 min/km

□□: 3.67 km / 18 □□

□□□□:

Women -16

□□□□□: 4(of 19)

□□□□□□□: 32:21

□□: 5:39

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (127)	2:38	2	0:01	0.6	2:38	2	0:01	0.6
2 (87)	2:24	2	0:03	2.1	5:02	1	-	-
3 (108)	2:18	6	0:53	62.4	7:20	2	0:25	6.0
4 (124)	3:26	10	1:59	136.8	10:46	2	2:24	28.7
5 (88)	1:37	15	0:51	110.9	12:23	2	3:15	35.6
6 (84)	1:08	5	0:16	30.8	13:31	2	2:32	23.1
7 (129)	1:28	6	0:12	15.8	14:59	2	2:42	22.0
8 (113)	5:20	5	0:45	16.4	20:19	3	3:04	17.8
9 (92)	1:32	5	0:24	35.3	21:51	2	3:28	18.9
10 (117)	3:40	8	1:20	57.1	25:31	3	4:43	22.7
11 (97)	2:24	18	1:49	311.4	27:55	4	5:54	26.8
12 (99)	1:31	6	0:23	33.8	29:26	4	6:12	26.7
13 (101)	3:18	9	0:31	18.6	32:44	4	6:42	25.7
14 (128)	1:12	12	0:33	84.6	33:56	4	7:12	26.9
15 (53)	0:56	2	0:02	3.7	34:52	4	7:14	26.2
16 (120)	1:19	2	0:17	27.4	36:11	4	5:38	18.4
17 (104)	0:52	9	0:08	18.2	37:03	4	5:42	18.2
18 (100)	0:38	6	0:06	18.8	37:41	4	5:43	17.9
□□	0:19	1	-	-	38:00	4	5:39	17.5