



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Ozola, Elīza

□□: Auseklis IK

□□□: 40:23

□□□□: 11:00 min/km

□□: 3.67 km / 18 □□

□□□□:

Women -16

□□□□□: 5(of 19)

□□□□□□□: 32:21

□□: 8:02

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	3:00	6	0:23	14.7	3:00	6	0:23	14.7
2 (87)	6:41	14	4:20	184.4	9:41	10	4:39	92.4
3 (108)	2:34	7	1:09	81.2	12:15	7	5:20	77.1
4 (124)	1:57	3	0:30	34.5	14:12	6	5:50	69.7
5 (88)	1:27	11	0:41	89.1	15:39	6	6:31	71.4
6 (84)	2:00	13	1:08	130.8	17:39	6	6:40	60.7
7 (129)	1:25	5	0:09	11.8	19:04	5	6:47	55.2
8 (113)	4:50	3	0:15	5.5	23:54	5	6:39	38.6
9 (92)	2:02	11	0:54	79.4	25:56	5	7:33	41.1
10 (117)	3:48	10	1:28	62.9	29:44	5	8:56	43.0
11 (97)	0:53	7	0:18	51.4	30:37	5	8:36	39.1
12 (99)	1:28	4	0:20	29.4	32:05	5	8:51	38.1
13 (101)	3:09	6	0:22	13.2	35:14	5	9:12	35.3
14 (128)	0:45	5	0:06	15.4	35:59	5	9:15	34.6
15 (53)	0:57	3	0:03	5.6	36:56	5	9:18	33.7
16 (120)	1:36	10	0:34	54.8	38:32	5	7:59	26.1
17 (104)	0:44	1	-	-	39:16	5	7:55	25.3
18 (100)	0:43	11	0:11	34.4	39:59	5	8:01	25.1
□□	0:24	12	0:05	26.3	40:23	5	8:02	24.8