



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Upīte, Anda

□□: Kāpa OK/Saulkrasti

□□□: 1:31:23

□□□□: 24:54 min/km

□□: 3.67 km / 18 □□

□□□□:

Women -16

□□□□□: 17(of 19)

□□□□□□□: 32:21

□□: 59:02

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (127)	4:19	9	1:42	65.0	4:19	9	1:42	65.0
2 (87)	4:06	9	1:45	74.5	8:25	8	3:23	67.2
3 (108)	7:56	15	6:31	460.0	16:21	11	9:26	136.4
4 (124)	18:58	18	17:31	1,208.1	35:19	16	26:57	322.1
5 (88)	19:33	18	18:47	2,450.0	54:52	18	45:44	500.7
6 (84)	1:55	11	1:03	121.2	56:47	18	45:48	417.0
7 (129)	3:08	13	1:52	147.4	59:55	18	47:38	387.8
8 (113)	9:13	13	4:38	101.1	1:09:08	17	51:53	300.8
9 (92)	2:57	18	1:49	160.3	1:12:05	18	53:42	292.1
10 (117)	3:53	11	1:33	66.4	1:15:58	17	55:10	265.2
11 (97)	1:03	11	0:28	80.0	1:17:01	17	55:00	249.8
12 (99)	2:13	13	1:05	95.6	1:19:14	17	56:00	241.0
13 (101)	4:11	15	1:24	50.3	1:23:25	17	57:23	220.4
14 (128)	0:59	10	0:20	51.3	1:24:24	17	57:40	215.7
15 (53)	1:32	16	0:38	70.4	1:25:56	17	58:18	211.0
16 (120)	3:13	17	2:11	211.3	1:29:09	17	58:36	191.8
17 (104)	1:01	14	0:17	38.6	1:30:10	17	58:49	187.6
18 (100)	0:44	14	0:12	37.5	1:30:54	17	58:56	184.4
□□	0:29	18	0:10	52.6	1:31:23	17	59:02	182.5