



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Dvoryanskaya, Anna

□□: Samara

□□□: 41:13

□□□□: 8:05 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -18E

□□□□□: 2(of 12)

□□□□□□□: 36:38

□□: 4:35

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	5:04	7	2:44	117.1	5:04	7	2:44	117.1
2 (59)	1:34	9	0:23	32.4	6:38	7	3:06	87.7
3 (60)	1:19	2	0:02	2.6	7:57	7	3:08	65.1
4 (61)	1:44	2	0:01	1.0	9:41	6	2:52	42.1
5 (62)	1:33	2	0:04	4.5	11:14	5	2:56	35.3
6 (63)	1:45	4	0:37	54.4	12:59	4	3:33	37.6
7 (64)	1:30	4	0:25	38.5	14:29	3	3:58	37.7
8 (65)	2:07	3	0:09	7.6	16:36	3	4:07	33.0
9 (66)	1:12	2	0:03	4.4	17:48	3	3:44	26.5
10 (67)	1:34	4	0:13	16.1	19:22	3	3:57	25.6
11 (68)	2:18	4	0:34	32.7	21:40	3	4:31	26.3
12 (43)	1:30	1	-	-	23:10	3	4:17	22.7
13 (70)	1:51	5	0:26	30.6	25:01	3	4:43	23.2
14 (71)	1:01	3	0:01	1.7	26:02	3	4:22	20.2
15 (72)	0:48	4	0:11	29.7	26:50	3	4:13	18.6
16 (73)	3:20	1	-	-	30:10	2	4:04	15.6
17 (74)	0:55	3	0:03	5.8	31:05	2	4:07	15.3
18 (75)	0:57	4	0:04	7.6	32:02	2	3:47	13.4
19 (76)	1:45	2	0:19	22.1	33:47	2	4:06	13.8
20 (77)	2:41	2	0:09	5.9	36:28	2	4:15	13.2
21 (53)	1:33	3	0:10	12.1	38:01	2	4:25	13.1
22 (79)	1:23	4	0:18	27.7	39:24	2	4:43	13.6
23 (80)	1:07	1	-	-	40:31	2	4:43	13.2
24 (100)	0:23	1	-	-	40:54	2	4:38	12.8
□□	0:19	1	-	-	41:13	2	4:35	12.5