



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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sergeeva, Lyubov

□□: NORD WEST

□□□: 57:41

□□□□: 10:49 min/km

□□: 5.33 km / 25 □□

□□□□:
OPEN2

□□□□□: 2(of 5)
□□□□□□□: 51:28
□□: 6:13

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (81)	3:00	5	0:44	32.4	3:00	5	0:44	32.4
2 (82)	0:53	3	0:09	20.5	3:53	5	0:51	28.0
3 (123)	0:47	4	0:12	34.3	4:40	5	0:58	26.1
4 (109)	4:57	3	1:43	53.1	9:37	3	2:41	38.7
5 (111)	3:23	3	0:55	37.2	13:00	3	3:03	30.7
6 (89)	4:00	5	2:51	247.8	17:00	3	5:42	50.4
7 (86)	1:54	4	0:14	14.0	18:54	2	5:56	45.8
8 (110)	4:02	2	1:17	46.7	22:56	2	5:32	31.8
9 (112)	2:39	4	0:24	17.8	25:35	2	5:38	28.2
10 (92)	5:14	4	1:14	30.8	30:49	2	2:55	10.5
11 (93)	1:52	1	-	-	32:41	2	2:48	9.4
12 (94)	2:16	3	0:43	46.2	34:57	2	3:10	10.0
13 (91)	1:28	3	0:16	22.2	36:25	2	3:26	10.4
14 (96)	2:28	4	0:20	15.6	38:53	2	3:46	10.7
15 (98)	2:08	2	0:06	4.9	41:01	2	3:39	9.8
16 (118)	1:33	3	0:24	34.8	42:34	2	3:55	10.1
17 (102)	4:17	3	1:03	32.5	46:51	2	4:58	11.9
18 (78)	1:14	4	0:18	32.1	48:05	2	4:56	11.4
19 (53)	0:53	4	0:07	15.2	48:58	2	5:03	11.5
20 (121)	2:09	4	0:29	29.0	51:07	2	5:29	12.0
21 (122)	1:57	5	0:25	27.2	53:04	2	5:45	12.2
22 (120)	1:53	5	0:31	37.8	54:57	2	6:06	12.5
23 (126)	0:46	5	0:10	27.8	55:43	2	6:11	12.5
24 (132)	0:55	4	0:10	22.2	56:38	2	6:13	12.3
25 (100)	0:33	4	0:03	10.0	57:11	2	6:12	12.2
□□	0:30	3	0:06	25.0	57:41	2	6:13	12.1