



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Zlata, Malysheva

□□: NORD WEST

□□□: 49:10

□□□□: 9:39 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -18E

□□□□□: 5(of 12)

□□□□□□□: 36:38

□□: 12:32

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	2:21	2	0:01	0.7	2:21	2	0:01	0.7
2 (59)	3:27	10	2:16	191.6	5:48	6	2:16	64.2
3 (60)	1:36	9	0:19	24.7	7:24	6	2:35	53.6
4 (61)	3:15	10	1:32	89.3	10:39	7	3:50	56.2
5 (62)	2:14	8	0:45	50.6	12:53	6	4:35	55.2
6 (63)	1:23	2	0:15	22.1	14:16	5	4:50	51.2
7 (64)	1:45	5	0:40	61.5	16:01	4	5:30	52.3
8 (65)	2:04	2	0:06	5.1	18:05	4	5:36	44.9
9 (66)	1:21	5	0:12	17.4	19:26	4	5:22	38.2
10 (67)	1:32	3	0:11	13.6	20:58	4	5:33	36.0
11 (68)	4:26	10	2:42	155.8	25:24	5	8:15	48.1
12 (43)	1:40	3	0:10	11.1	27:04	5	8:11	43.3
13 (70)	1:42	4	0:17	20.0	28:46	5	8:28	41.7
14 (71)	1:00	1	-	-	29:46	5	8:06	37.4
15 (72)	0:48	4	0:11	29.7	30:34	5	7:57	35.2
16 (73)	5:16	8	1:56	58.0	35:50	5	9:44	37.3
17 (74)	0:55	3	0:03	5.8	36:45	5	9:47	36.3
18 (75)	0:56	2	0:03	5.7	37:41	5	9:26	33.4
19 (76)	3:03	10	1:37	112.8	40:44	5	11:03	37.2
20 (77)	2:45	3	0:13	8.6	43:29	5	11:16	35.0
21 (53)	1:47	6	0:24	28.9	45:16	5	11:40	34.7
22 (79)	1:11	2	0:06	9.2	46:27	5	11:46	33.9
23 (80)	1:56	5	0:49	73.1	48:23	5	12:35	35.2
24 (100)	0:26	2	0:03	13.0	48:49	5	12:33	34.6
□□	0:21	2	0:02	10.5	49:10	5	12:32	34.2