



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Aparjode, Kendija

□□: Kāpa OK

□□□: 46:16

□□□□: 9:05 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -20E

□□□□□: 2(of 7)

□□□□□□□: 37:53

□□: 8:23

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	2:31	3	0:25	19.8	2:31	3	0:25	19.8
2 (59)	3:52	7	2:55	307.0	6:23	6	3:07	95.4
3 (60)	2:44	6	1:36	141.2	9:07	5	4:42	106.4
4 (61)	2:08	3	0:33	34.7	11:15	5	5:15	87.5
5 (62)	1:45	3	0:22	26.5	13:00	3	5:37	76.1
6 (63)	1:29	5	0:20	29.0	14:29	3	5:56	69.4
7 (64)	1:35	5	0:26	37.7	16:04	4	6:14	63.4
8 (65)	1:58	3	0:06	5.4	18:02	4	6:20	54.1
9 (66)	1:08	1	-	-	19:10	3	2:51	17.5
10 (67)	1:22	2	0:08	10.8	20:32	3	2:14	12.2
11 (68)	2:01	2	0:26	27.4	22:33	2	2:40	13.4
12 (43)	1:48	3	0:13	13.7	24:21	2	2:53	13.4
13 (70)	1:29	2	0:04	4.7	25:50	2	2:51	12.4
14 (71)	1:14	5	0:21	39.6	27:04	2	3:12	13.4
15 (72)	0:42	4	0:10	31.3	27:46	2	3:22	13.8
16 (73)	5:28	3	2:33	87.4	33:14	2	5:55	21.7
17 (74)	1:00	6	0:12	25.0	34:14	2	6:07	21.8
18 (75)	0:51	3	0:08	18.6	35:05	2	6:03	20.8
19 (76)	2:04	7	0:45	57.0	37:09	2	6:48	22.4
20 (77)	3:14	4	0:35	22.0	40:23	3	7:23	22.4
21 (53)	1:38	2	0:04	4.3	42:01	3	7:02	20.1
22 (79)	1:55	6	0:54	88.5	43:56	3	7:56	22.0
23 (80)	1:24	3	0:15	21.7	45:20	2	8:11	22.0
24 (100)	0:33	7	0:08	32.0	45:53	2	8:19	22.1
□□	0:23	5	0:04	21.1	46:16	2	8:23	22.1