



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Blūmentāle, Elizabete

□□□: 52:16

□□: Ozons/RSP

□□□□: 10:16 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -20E

□□□□□: 4(of 7)

□□□□□□□: 37:53

□□: 14:23

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	2:23	2	0:17	13.5	2:23	2	0:17	13.5
2 (59)	0:57	1	-	-	3:20	2	0:04	2.0
3 (60)	1:08	1	-	-	4:28	2	0:03	1.1
4 (61)	3:11	5	1:36	101.1	7:39	2	1:39	27.5
5 (62)	8:10	7	6:47	490.4	15:49	6	8:26	114.2
6 (63)	2:41	7	1:32	133.3	18:30	6	9:57	116.4
7 (64)	3:26	7	2:17	198.6	21:56	6	12:06	123.1
8 (65)	1:53	2	0:01	0.9	23:49	6	12:07	103.6
9 (66)	1:12	2	0:04	5.9	25:01	6	8:42	53.3
10 (67)	1:14	1	-	-	26:15	6	7:57	43.4
11 (68)	2:01	2	0:26	27.4	28:16	4	8:23	42.2
12 (43)	1:49	4	0:14	14.7	30:05	4	8:37	40.1
13 (70)	1:40	5	0:15	17.7	31:45	4	8:46	38.1
14 (71)	1:23	7	0:30	56.6	33:08	4	9:16	38.8
15 (72)	0:37	2	0:05	15.6	33:45	4	9:21	38.3
16 (73)	5:28	3	2:33	87.4	39:13	4	11:54	43.6
17 (74)	0:55	4	0:07	14.6	40:08	4	12:01	42.7
18 (75)	0:46	2	0:03	7.0	40:54	4	11:52	40.9
19 (76)	1:59	6	0:40	50.6	42:53	4	12:32	41.3
20 (77)	3:22	6	0:43	27.0	46:15	4	13:15	40.2
21 (53)	1:50	4	0:16	17.0	48:05	4	13:06	37.5
22 (79)	1:53	5	0:52	85.3	49:58	4	13:58	38.8
23 (80)	1:20	2	0:11	15.9	51:18	4	14:09	38.1
24 (100)	0:32	6	0:07	28.0	51:50	4	14:16	38.0
□□	0:26	7	0:07	36.8	52:16	4	14:23	38.0