



# Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

□□□□

Blūmentāle, Elizabete

□□: Ozons/RSP

□□□: 52:16

□□□□: 10:16 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -20E

□□□□□: 4(of 7)

□□□□□□□: 37:53

□□: 14:23

□□□□

| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 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    |