



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

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Jakāne, Ilvija

□□: Auseklis IK

□□□: 1:05:48

□□□□: 12:55 min/km

□□: 5.09 km / 24 □□

□□□□:

Women -20E

□□□□□: 7(of 7)

□□□□□□□: 37:53

□□: 27:55

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (58)	3:31	5	1:25	67.5	3:31	5	1:25	67.5
2 (59)	2:11	6	1:14	129.8	5:42	5	2:26	74.5
3 (60)	3:40	7	2:32	223.5	9:22	6	4:57	112.1
4 (61)	2:27	4	0:52	54.7	11:49	6	5:49	96.9
5 (62)	3:22	5	1:59	143.4	15:11	5	7:48	105.6
6 (63)	1:26	3	0:17	24.6	16:37	5	8:04	94.4
7 (64)	1:16	2	0:07	10.1	17:53	5	8:03	81.9
8 (65)	2:09	6	0:17	15.2	20:02	5	8:20	71.2
9 (66)	3:33	5	2:25	213.2	23:35	5	7:16	44.5
10 (67)	1:37	4	0:23	31.1	25:12	4	6:54	37.7
11 (68)	4:57	7	3:22	212.6	30:09	6	10:16	51.6
12 (43)	7:19	7	5:44	362.1	37:28	7	16:00	74.5
13 (70)	2:37	7	1:12	84.7	40:05	7	17:06	74.4
14 (71)	1:08	4	0:15	28.3	41:13	7	17:21	72.7
15 (72)	1:22	7	0:50	156.3	42:35	7	18:11	74.5
16 (73)	7:38	7	4:43	161.7	50:13	7	22:54	83.8
17 (74)	0:53	3	0:05	10.4	51:06	7	22:59	81.7
18 (75)	1:02	5	0:19	44.2	52:08	7	23:06	79.6
19 (76)	1:44	4	0:25	31.7	53:52	7	23:31	77.5
20 (77)	3:19	5	0:40	25.2	57:11	7	24:11	73.3
21 (53)	2:01	7	0:27	28.7	59:12	7	24:13	69.2
22 (79)	4:05	7	3:04	301.6	1:03:17	7	27:17	75.8
23 (80)	1:38	4	0:29	42.0	1:04:55	7	27:46	74.7
24 (100)	0:28	4	0:03	12.0	1:05:23	7	27:49	74.1
□□	0:25	6	0:06	31.6	1:05:48	7	27:55	73.7