



Stirnu Buks I
Riekstu Kalns / 16.04.2016

0000

Rudens, Māris

00: Riga Ironman Team

00: 188

00: 27.60 km

Lusis

0000:

VL3A

000: 2:24:20

00: 11.47 km/h

00000/000: 48 (of 257)

00000/000: 46 (of 193)

000000: 1:46:24

00000: 15(of 60)

0000000: 2:05:30

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	000
101	-	30:49	-	17	4:25	49	8:29	-	30:49	-	17	4:25	49	8:29
102	-	18:12	-	17	2:20	56	4:49	-	49:01	-	17	6:21	52	13:18
103	-	32:54	-	16	4:06	52	8:21	-	1:21:55	-	16	10:27	51	21:39
104	-	11:32	-	14	1:18	45	2:57	-	1:33:27	-	16	11:41	49	24:36
105	-	38:08	-	13	4:43	42	9:34	-	2:11:35	-	15	16:24	45	34:10
111	-	9:54	-	16	1:50	56	2:49	-	2:21:29	-	16	18:14	47	36:59
112	-	1:40	-	20	0:42	87	0:49	-	2:23:09	-	14	18:25	45	37:36
Ziel	-	1:11	-	41	0:27	127	0:27	27.60	2:24:20	-	15	18:50	46	37:56