



Stirnu Buks I  
Riekstu Kalns / 16.04.2016

0000

Ščedrovs, Valentīns

00: Supercompensation

00: 50

00: 27.60 km

Lusis

0000:

VL2A

000: 2:31:07

00: 10.96 km/h

00000/000: 78 (of 257)

00000/000: 71 (of 193)

000000: 1:46:24

00000: 45(of 107)

0000000: 1:47:55

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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	-	33:24	-	51	10:25	91	11:04	-	33:24	-	51	10:25	91	11:04
102	-	19:13	-	55	5:44	91	5:50	-	52:37	-	55	16:09	91	16:54
103	-	34:42	-	53	9:55	84	10:09	-	1:27:19	-	52	26:04	87	27:03
104	-	11:50	-	39	3:09	60	3:15	-	1:39:09	-	51	29:13	85	30:18
105	-	39:44	-	36	10:37	55	11:10	-	2:18:53	-	47	39:50	74	41:28
111	-	9:37	-	33	2:30	51	2:32	-	2:28:30	-	45	42:20	71	44:00
112	-	1:37	-	53	0:46	77	0:46	-	2:30:07	-	44	42:58	68	44:34
Ziel	-	1:00	-	38	0:16	60	0:16	27.60	2:31:07	-	45	43:12	71	44:43