



Stirnu Buks I
Riekstu Kalns / 16.04.2016

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Ščedrova, Aleksandra

00: Supercompensation

00: 2666

00: 9.90 km

Zakis

0000:

SZ3C

000: 59:36

00: 9.97 km/h

00000/000: 229 (of 707)

00000/000: 43 (of 355)

000000: 44:45

00000: 35(of 287)

0000000: 44:45

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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	-	38:21	-	40	10:20	50	10:20	-	38:21	-	40	10:20	50	10:20
105	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
111	-	18:18	-	25	4:06	35	7:03	-	56:39	-	36	14:26	45	45:24
112	-	1:40	-	11	0:30	16	0:30	-	58:19	-	33	14:31	41	14:31
Ziel	-	1:17	-	140	0:31	187	0:37	9.90	59:36	-	35	14:51	43	14:51