



**Stirnu Buks II**  
Gaujas Nacionala Parka / 21.05.2016

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**Straumēns, Kristaps**

00: CrossFit Rīdzene  
00: 2566

00: 13.00 km  
Zakis

0000:  
VZ3C

000: 1:03:52

00: 12.21 km/h

00000/000: 18 (of 710)

00000/0: 17 (of 369)

000000: 54:11

00000: 10(of 302)

0000000: 54:11

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
101	4.75	20:10	11.90	16	3:25	23	3:25	4.75	20:10	11.90	16	3:25	23	3:25
102	0.25	3:41	0.00	15	1:11	21	1:11	5.00	23:51	12.58	15	4:02	22	4:02
104	7.00	31:25	13.37	11	4:51	17	4:51	12.00	55:16	13.03	14	8:53	21	8:53
Ziel	1.00	8:36	6.98	8	0:48	13	0:48	13.00	1:03:52	12.21	10	9:41	17	9:41