



Stirnu Buks II  
Gaujas Nacionala Parka / 21.05.2016

0000

Kassalis, Ivars

00: Riga Ironman Team

00: 2393

00: 13.00 km

Zakis

0000:

VZ3C

000: 1:05:42

00: 11.87 km/h

00000/000: 25 (of 710)

00000/0: 23 (of 369)

000000: 54:11

00000: 16(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	20:37	11.64	19	3:52	29	3:52	4.75	20:37	11.64	19	3:52	29	3:52
102	0.25	4:18	0.00	69	1:48	89	1:48	5.00	24:55	12.04	25	5:06	37	5:06
104	7.00	31:20	13.40	8	4:46	14	4:46	12.00	56:15	12.80	16	9:52	23	9:52
Ziel	1.00	9:27	6.35	24	1:39	32	1:39	13.00	1:05:42	11.87	16	11:31	23	11:31