



Stirnu Buks II
Gaujas Nacionala Parka / 21.05.2016

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Šulmanis, Arilds

00: CrossFit Rīdzene
00: 2498

00: 13.00 km
Zakis

0000:
VZ3C

000: 1:25:09

00: 9.16 km/h

00000/000: 223 (of 710)

00000/0: 186 (of 369)

000000: 54:11

00000: 150(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	26:03	10.94	133	9:18	168	9:18	4.75	26:03	10.94	133	9:18	168	9:18
102	0.25	4:52	3.08	154	2:22	194	2:22	5.00	30:55	9.70	127	11:06	162	11:06
104	7.00	41:33	10.11	161	14:59	197	14:59	12.00	1:12:28	9.94	142	26:05	178	26:05
Ziel	1.00	12:41	4.73	185	4:53	223	4:53	13.00	1:25:09	9.16	150	30:58	187	30:58