



Stirnu Buks II
Gaujas Nacionala Parka / 21.05.2016

0000

Ščedrovs, Valentīns

00: Supercompensation

00: 43

00: 32.00 km

Lusis

0000:

VL2A

000: 3:24:41

00: 9.38 km/h

00000/000: 110 (of 199)

00000/0: 93 (of 153)

000000: 2:13:06

00000: 54(of 89)

0000000: 2:13:06

0000

0000

000

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	26:25	10.79	63	10:06	104	10:06	4.75	26:25	10.79	63	10:06	104	10:06
102	0.25	3:32	4.25	36	1:26	49	1:26	5.00	29:57	10.02	57	11:01	97	11:01
103	5.00	35:40	8.41	60	11:29	106	11:29	10.00	1:05:37	9.14	55	21:15	96	21:15
104	7.00	38:33	10.89	53	12:18	88	12:18	17.00	1:44:10	9.79	52	33:31	91	33:31
105	6.00	41:41	8.64	60	15:49	103	15:49	23.00	2:25:51	9.46	58	49:11	97	49:11
106	6.00	40:02	8.99	54	15:38	95	15:38	29.00	3:05:53	9.36	56	1:04:32	96	1:04:32
Ziel	3.00	18:48	9.57	50	7:03	83	7:03	32.00	3:24:41	9.38	55	1:11:35	95	1:11:35