



Stirnu Buks II
Gaujas Nacionala Parka / 21.05.2016

0000

Šulmanis, Ansis

00: CrossFit Rīdzene

00: 2390

00: 13.00 km

Zakis

0000:

VZ3C

000: 1:10:48

00: 11.02 km/h

00000/000: 59 (of 710)

00000/0: 54 (of 369)

000000: 54:11

00000: 40(of 302)

0000000: 54:11

0000

0000

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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 | 20:45 | 11.57 | 23 | 4:00 | 34 | 4:00 | 4.75 | 20:45 | 11.57 | 23 | 4:00 | 34 | 4:00 |
| 102 | 0.25 | 4:07 | 0.00 | 54 | 1:37 | 69 | 1:37 | 5.00 | 24:52 | 12.06 | 24 | 5:03 | 36 | 5:03 |
| 104 | 7.00 | 35:07 | 11.96 | 48 | 8:33 | 61 | 8:33 | 12.00 | 59:59 | 12.00 | 34 | 13:36 | 47 | 13:36 |
| Ziel | 1.00 | 10:49 | 5.55 | 81 | 3:01 | 105 | 3:01 | 13.00 | 1:10:48 | 11.02 | 40 | 16:37 | 54 | 16:37 |