



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

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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	13.73	23	4:00	34	4:00	4.75	20:45	13.73	23	4:00	34	4:00
102	0.25	4:07	3.64	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