



**Stirnu Buks II**  
Gaujas Nacionala Parka / 21.05.2016

□□□□

**Prauliņš, Valdis**

□□: Chieris Road Runners  
□□: 1300

□□: 23.00 km  
Stirnu buks

□□□□:  
VB3B

□□□: 2:46:40

□□: 8.28 km/h

□□□□□/□□□: 247 (of 379)

□□□□□/□: 192 (of 253)

□□□□□□: 1:34:38

□□□□□: 50(of 72)

□□□□□□□: 1:47:41

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□□□

| □□□  | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| 101  | 4.75     | 21:43    | 13.12      | 14      | 3:38    | 49      | 5:25    | 4.75  | 21:43   | 13.12 | 14      | 3:38    | 49      | 5:25    |
| 102  | 0.25     | 4:10     | 3.60       | 27      | 1:29    | 114     | 1:59    | 5.00  | 25:53   | 11.59 | 13      | 4:41    | 48      | 7:12    |
| 103  | 5.00     | 38:46    | 7.74       | 55      | 13:19   | 194     | 16:31   | 10.00 | 1:04:39 | 9.28  | 32      | 18:00   | 122     | 22:57   |
| 104  | 7.00     | 50:21    | 8.34       | 63      | 21:10   | 233     | 24:25   | 17.00 | 1:55:00 | 8.87  | 48      | 39:10   | 196     | 47:13   |
| 106  | 4.00     | 31:19    | 7.66       | 53      | 12:37   | 200     | 15:25   | 21.00 | 2:26:19 | 8.61  | 50      | 51:47   | 195     | 1:02:38 |
| Ziel | 2.00     | 20:21    | 5.90       | 43      | 7:12    | 172     | 9:24    | 23.00 | 2:46:40 | 8.28  | 52      | 1:35:59 | 194     | 1:35:59 |