



Stirnu Buks III
 Ventas Ielejas / 25.06.2016

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Prauliņš, Valdis

□□: Ciekurkalna Road Runners
 □□: 1228

□□: 21.00 km
 Stirnu buks

□□□□:
 VB3

□□□: 2:39:37

□□: 7.89 km/h

□□□□□/□□□: 164 (of 314)

□□□□□/□: 131 (of 201)

□□□□□□: 1:26:06

□□□□□: 37(of 58)

□□□□□□□: 1:31:46

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	24:21	-	16	4:57	47	6:29	-	24:21	-	16	4:57	47	6:29
102	-	53:24	-	42	23:50	147	25:15	-	1:17:45	-	31	28:47	110	31:22
Sprint Start	-	27:08	-	28	11:49	110	13:01	-	1:44:53	-	29	40:36	106	44:23
Sprint Finish	-	5:24	-	45	2:50	166	3:32	-	1:50:17	-	29	43:20	108	47:55
106	-	32:06	-	44	16:22	174	17:08	-	2:22:23	-	34	59:42	125	1:04:35
Ziel	-	17:14	-	43	8:09	167	8:56	21.00	2:39:37	-	37	1:07:51	131	1:13:31